

WEEK 8 8/7

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|--|--|---|
| 5.30-7am | One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| | Protein supplement one scoop post workout | | |
| 10 am | Two egg whites' boiled egg vegetable | Two egg whites' boiled egg vegetable | Two egg whites' boiled egg vegetable |
| 12-1 | Buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150 gm- 200 gm + Curd one katori | | |
| 2pm | Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 20gm Sabji one plate Or | | |
| 2.00-2.30 | Soya granules 40gm vegetable chilla and pudina chutney | Masoor 60gm vegetable chilla and pudina chutney | Rice 30gm and choely 40gm Vegetable salad |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 | mix seeds (pumpkin watermelon sunflower seeds) | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Chicken or fish 200gm steamed or grilled Vegetable salad | Mot sprouts 30gm and soya chunk sauteed 30gm salad | Four eggs white + oats 30gm vegetable pulao |
| 10-10.30 | Vegetable soup | | |