

WEEK 9 15/7

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|---------------|--|---|---|
| 5.30-7am | One glass of water + lemon water + dhania seeds soaked overnight | | |
| | Protein supplement one scoop post workout | | |
| 12-1 | Buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 2pm | Vegetable salad 150gm- 200 gm + Curd one katori Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 20gm Sabji one plate Or | | |
| 2.00-2.30 | Rice 30gm and soya chunk pulao Vegetable 100-150 gm | Soya chunk 60gm vegetable chilla and pudina chutney | One roti three egg white vegetable bhurji |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA | | |
| 7.00-7.30 | Urad +moong dal 50 gm + rice 20gm Vegetable salad 150gm- 200 gm Dosa and vegetable sambar | Black chana 30gm and paneer 30gm salad Or three egg white Rice 30gm Vegetable salad 150gm- 200 gm | Chicken or fish 200gm steamed or grilled Vegetable salad |
| 10-10.30 | Vegetable soup | | |