

WEEK 6 5/8

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Three egg(2 whites'+ 1 full) egg vegetable 100-150 gm	Three egg(2 whites'+ 1 full) egg vegetable 100-150 gm omelet	Milk and fruit
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ choely 50gm 150+200 gm vegetable Make vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Two roti Soya granules 30gm vegetable bhurji Or quinoa 30gm + Soya granules 30gm Vegetable 150+200 gm	two roti choely 50gm Vegetable 150+200 gm sabji Or Sewai 30 gm + paneer 50gm Vegetable 150+200 gm	Chicken 100gm Rice 30gm vegetable 100gm Chicken pulao or Two roti +Soya granules 30gm vegetable bhurji
10-10.30	Vegetable soup		