

WEEK 7 12/8

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	One glass of water + lemon juice + dhania seeds soaked overnight 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	1 egg white + one full egg + vegetable 100gm salad		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Choely 30gm and roti 30gm  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	One roti  Mot 30gm sabji add Vegetable salad	Barbati 30gm add vegetable and roti 30gm salad	Chicken 100 gm /fish steamed or grilled add vegetable + one roti
10-10.30	Vegetable soup		