

WEEK 8

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|--|--|---|
| 6.30-7am | One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10.00 | Tomato and palak vegetable soup + one boiled egg white | Lauki and tomato vegetable soup + one boiled egg white | Tomato and carrot soup + one boiled egg white |
| 12-1 | Buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200 gm + Curd one katori | | |
| 2.00-2.30 | One roti + dal two katori One plate sabji | One roti + Dal bhaji two katori | 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 | Panner 100gm steamed or grilled Vegetable salad | Rice 30gm and soya chunk sautéed 30gm salad | Jawar roti 30g 30gm dal bhaji |
| 10-10.30 | Vegetable soup | | |