

WEEK 8 29/5

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		
8.30-9am	Mot sprouts and vegetable salad 100-150 gm Or Barbati 30 gm + vegetable salad	one handful of moong sprouts and vegetable salad 100-150 gm Or oats 30 gm paneer 30gm vegetable upma	Three egg white vegetable salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30 2.30 or	Vegetable salad 150gm- 200 gm + Curd one katori Jowar / Bajra /Ragi/ Wheat / (60gm) 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 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Soya granules 40 gm + Rice 30gm Vegetable pulao and kadhi	Mot sprouts 30gm and soya chunk 30gm sauteed 30gm sabji + One roti	Chicken 200gm vegetable salad
10-10.30	Vegetable soup		