

WEEK 5

Timing	
Morning 7pm	One glass of water + lemon juice one spoon + jeera/ajawain water
Mid-Morning 9-9.30	5-6 Almond + One Walnut
Breakfast 10am 11am	Coconut water Pear 100gm
Mid meal 2pm	Chicken soup add 30g one egg white
Lunch 4pm	Add three spoons of soaked sabja seeds + plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	<b>Option 1</b> Mix dal 40gm vegetable 250-300gm Dal soup <b>Option 2</b> Chick peas pasta vegetable salad <b>Option 3</b> chicken 200gm vegetable salad

Day 11 10/11

Timing	Thursday / friday / sunday
Morning 7pm	One glass of water + lemon juice one spoon + jeera/ajawain water
Mid-Morning 9-9.30	5-6 Almond + One Walnut
Breakfast 10am 11am	Coconut water Three egg white vegetable salad
Mid meal 2pm	Vegetable soup + add soya chunks 20gm <b>or two spoon of besan as a thinner</b>
Lunch 4pm	Add three spoons of soaked sabja seeds + plain water/ buttermilk
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	<b>Option 1</b> Panner 100gm vegetables (mushrooms/green onion/beans /simla Mirch) sautéed <b>Option 2</b> chicken 50gm + rice 30gm (mushrooms/green onion/beans /simla Mirch) sautéed (avoid if thyroid) <b>Option 3</b> -chick peas pasta 50gm vegetable salad