

WEEK 5 11/3

Timing	Monday/Wednesday <b>Saturday</b>	Tuesday/ Thursday/ Sunday	<b>Friday</b>
8am	One glass of water + lemon juice + saunf one spoon soaked overnight		
8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	choely 30gm Vegetable 150-200 gm Vegetable salad	Rajma 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Two egg whites' vegetable omelets
12-1	Buttermilk + one spoon 5gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable chilla and pudina chutney	One jowar roti 50 gm + paneer 50gm Vegetable 150+200 gm bhurji	One roti + four egg ( one full + three white ) Vegetable bhurji
10-10.30	Milk 100ml turmeric		