

Week 5 17/6

	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
	One glass of water + One spoon Saunf soaked overnight		
7.30AM	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Moong sprouts 30gm steamed sauteed  One bowl of Vegetable 100-150gm salad  Vegetable	Mot sprouts 30gm steamed sauteed One bowl of Vegetable 100-150gm salad  Vegetable	Three boiled egg white vegetable salad
12.00	One glass of water + One spoon Saunf soaked overnight + soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3	Wheat roti 60gm  Dal 20gm  Sabji one plate	Ragi atta 40gm + besan 20gm +vegetable 50gm	Jawar /bajra 60gm  Dal 20gm  Sabji one plate
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
<b>Saturday is liquid day</b>			
7.00-8.30PM	Moong dal vegetable 60gm + paneer 20gm  vegetable150-160 gm  chilla with pudina chutney	THREE IDLI (1 part rice +two-part dal+ three part of ragi)  VEGETABLE SAMBAR  Sambhar as much as you want dal 20gm	Roti 30 gm  Vegetable150-160 gm  Chicken 100 gm vegetable steamed vegetable  Or 100 gm fish steamed with vegetable
10.30 Pm	VEGETABLE SOUP		