

WEEK 7

| Timing    | Monday/Wednesday<br><b>Saturday fruit day</b>                        | Tuesday/ Thursday/<br>Sunday                      | Friday / Sunday                                       |
|-----------|--|---|---|
| 5.30-7am  | One glass of water + lemon juice + dhania seeds soaked overnight     |   |   |
| 7-8.30am  | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon |   |   |
| 10 am     | Milk 100ml and fruit 100gm   | Milk 100ml and fruit<br>100gm                     | Milk 100ml and fruit<br>100gm                         |
| 12-1      | Buttermilk + one spoon 10gm chia seeds                               |   |   |
| 1-1.30    | Vegetable salad 150gm- 200 gm + Curd one katori                      |   |   |
| 2.00-2.30 | Moong dal 60gm vegetable<br>chilla and pudina chutney                | Besan 60gm vegetable<br>chilla and pudina chutney | Choely 30gm and<br>panner 20gm<br><br>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 | Mot sprouts +soya chunk<br>30gm<br><br>Vegetable salad               | Rajma 30gm and paneer<br>30gm salad               | Paneer 50gm + roti<br>30gm vegetable frankie          |
| 10-10.30  | Vegetable soup   |   |   |