

## WEEK 9

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	One glass of water + lemon juice+ dhania seeds soaked overnight7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	One handful of sprouts + vegetable 100gm salad		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Choely 30gm and roti 30gm  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	One roti  Mot sabji add Vegetable salad	Barbate 30gm and roti30gm salald	Chicken 100gm /fish steamed or grilled + one roti
10-10.30	Vegetable soup		