

WEEK 5

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday/ Thursday/ Sunday	<b>Friday egg day</b>
6am	One glass of water + lemon juice + saunf one spoon soaked over night		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7.45	choely 30gm Vegetable 150-200 gm Vegetable salad	Rajma 30gm Vegetable 150-200gm Steamed soaked and sauteed	Two egg whites' vegetable omelettes
12-1	Buttermilk+ one spoon 5gm chia seeds		
1-2.00	Vegetable salad 150gm- 200gm+ Curd one katori		
	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3PM	सौंफ + अलसी( flax seeds) one spoon each		
4-5	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
6PM	Moong dal 60gm vegetable chilla and pudina chutney	One jowar roti 50 gm paneer 50gm Vegetable 150+200 gm bhurji	One roti +moong dal 40gm Vegetable sambar
7.30-8.00	Milk 100ml turmeric		