

WEEK 6 30/9

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
6.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
8.30- 9am	Oats 30gm + panner two small cubes vegetables upma One egg white	Three egg whites' egg vegetable 100-150gm omelette Or moong sprouts 30gm Vegetables salad	Milk and fruit and apple one+ panner 30gm Make smoothie Or Mot sprouts 30gm vegetables usal and one boiled egg
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ choely 50gm 150+200gm vegetable Make vegetable pulao
	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	Masoor dal 80gm vegetable chilla and pudina chutney Or masoor dal 50gm + rice ,30gm	two roti choely 50gm Vegetable 150+200 gm sabji	two roti Soya granules 30gm vegetable bhurji
10-10.30	Milk 100ml turmeric		