

WEEK 7 7/10

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday / Sunday
6.30-7am	One glass of water + lemon juice one spoon + dhania seeds soaked overnight 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
8.30-9am	Milk 50 ml and fruit 100 gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Rajma 30gm Vegetable 150-200 gm Steamed soaked and sauteed	barbati 30gm Vegetable 150-200 gm Steamed soaked and sauteed
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30 2.30 or	Vegetable salad 150gm- 200 gm + Curd one katori Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 20gm + Sabji one plate or		
2.00-2.30	Moong dal 60gm+ rice atta 30gm vegetable chilla and pudina chutney	Besan 60 gm + soya chunk atta vegetable chilla and pudina chutney	Choely 30gm and panner 60gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts 30 gm +soya chunk 30gm Vegetable sabji One roti	4-5 idli vegetable sambar Vegetable salad Or dal dhokli	Four eggs white vegetable bhurji + oats 30gm roti
10-10.30	Turmeric Milk one cup		