

WEEK 8 14/10

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
6.30-7am	One glass of water + lemon juice 2 spoon + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
8.30-9am	Mot sprouts and vegetable salad 100-150 gm  Or Barbati 30 gm + vegetable salad	one handful of moong sprouts and vegetable salad 100-150 gm  Or oats 30 gm paneer 30gm vegetable upma	Three egg white vegetable salad
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  <b>or</b>		
2.00-2.30	Soya granules 40 gm + moong dal 30gm vegetable chilla and pudina chutney	Masoor 60gm+ besan 30gm vegetable chilla and pudina chutney	Paneer 30gm and rajma 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	Soya granules 40 gm + Rice 30gm Vegetable pulao and kadhi	Mot sprouts 30gm and soya chunk 30gm sauteed 30gm sabji + One roti	Chicken 200gm vegetable salad
10-10.30	Vegetable soup		