

WEEK 9 21/10

Timing	Monday/Wednesday <b>Saturday</b>	Tuesday/ Thursday	Friday / Sunday
6.30-7am	One glass of water + lemon water + dhania seeds soaked overnight		
8.30-9am	Two eggs ( one full +TWO white) OR SPROUTS 30GM + 20GM PANEER 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	Rice 30gm and soya chunk 60gm pulao  Vegetable 100-150 gm	Moong dal 30gm +Soya chunk 30gm vegetable blend it and chilla and pudina chutney	One roti 30gm three egg white/paneer 60gm Vegetable salad 150 gm- 200 gm bhurji
	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	Urad +moong dal 80 gm +rice 20gm  Dosa and Vegetable salad 150 gm- 200 gm sambar  Or  One jowar roti 30 GM + 50 gm dal vegetable sambar	Black chana 30gm and paneer 30gm Vegetable salad 150 gm- 200 gm sabzi + One Roti  OR DALIA 30GM + MOONG DAL 50 GM VEGETABLE KHICHDI	Paneer 50 gm moong 60gm sprouts Vegetable salad 150 gm- 200 gm chilla  MAKE paneer moong salad  OR CHICKEN 100GM SABJI + ONE ROTI
10-10.30	MILK 100ML ADD TURMERIC		