

Week 6 7/10

Timing	Monday/Wednesday	Tuesday/Thursday	Sunday/friday
8.30am	One glass of water + One spoon dhania seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30-10.30AM	One cup of milk 100ML And fruit 100gm	Masoor sprouts 30gm soaked steamed sauteed Vegetable 100-150 gm vegetable CHILLA	Three boiled egg (two white + one full) vegetable salad <b>Or paneer 30gm vegetable salad</b>
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3pm	Dalia 30gm +moong dal 60gm Vegetable100-150gm khichdi	Oats 30gm +besan 60gm Vegetable 100-150 gm CHILLA	4 RAGI idli vegetable sambar Vegetable100-150gm
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
	<b>Saturday liquid day 1</b>		
7.30-9.00PM	Moong Dal-50 gm + <b>30g rice/OATS</b> (one spoon raw) Vegetables-150-160gm Make veg dal khichdi	<b>Roti/QUINOA 30 gm</b> <b>Vegetable150-160 gm</b> <b>paneer 60gm or</b> Chicken 100 gm vegetable steamed vegetable <b>Or 100 gm fish steamed with vegetable</b>	Masoor dal sprouts 30gm chilla Stuffed with + Paneer 60 gm/ SOYA 30GM Vegetable salad
10.30 Pm	Or vegetable soup		