

WEEK 7 14/10

Timing	Monday/Tuesday	Wednesday /Thursday	Friday/Saturday
8.30am	One glass of water + One spoon of lemon juice one spoon dhaniya seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
1.00	Buttermilk 500ml+ soaked chia seeds 5gm		
11.30	One katori vegetables 100gm + curd 50gm		
12pm	30gm mix dal vegetable sambar Vegetable100-150gm Jowar DOSA 30gm +fruit Two boiled egg white vegetable salad	Jowar/Ragi <b>30gm</b> DOSA 30gm dal BHAI +fruit Vegetable 100-150 gm Two boiled egg white vegetable salad	Jowar <b>30gm</b> 30gm dal + SABJI Vegetable100-150gm Two boiled egg white vegetable salad +fruit
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	Green tea		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea Sunday liquid day		

7-8PM	BHAGAR 30 gm + choely 30gm +Vegetable100-150gm  Upma  Or Oats 30 gm + paneer 30 gm +Vegetable100-150gm	Moong dal 30 gm + sattu 30gm VEGETABLE chilla and pudina chutney  Or soya chunk 30 gm + rice 30 gm vegetable pulao	CHICKEN TIKKA 200GM VEGETABLE SALAD  or four egg white boiled Vegetable100- 150gm  Rice 30gm pulao