

Week 8 21/10

	Monday/Wednesday/ Saturday	Tuesday /Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice one spoon jeera seeds + 8-10 almond and walnut one		
8pm	green tea		
10pm	vegetable salads + One egg full		
12pm	water+ one spoon 10gm chia seeds		
12pm	One katori vegetables 100gm + curd 50gm		
12.30pm	Bhagar30gm +moong dal 30gm Vegetable100-150gm khichdi One fruit 100 gm (less sweet)	Kodo Rice /jowar dalia 30gm Dal one katori sabzi Vegetable 10 One fruit 100gm (less sweet)0- 150gm	Ragi dosa 30gm Vegetable100-150gm + chana dal chutney +One fruit 100gm (less sweet)
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	vegetable soup		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8pm	One roti 30gm/rice 30gm Sabji + vegetable 100- 150gm + two eggs white/ 30gm soya granules(when eggs not allowed	Mot 60gm Vegetable 100gm-150gm And paneer 30gm Vegetables salad	200 gm steamed chicken vegetable salad Or fish 200gm Or (3 egg whites + 1 full)/paneer 60gm vegetables + rice 30g pulao