

WEEK 5

| Timing | Monday/Wednesday Saturday liquid day | Tuesday/ Thursday/ Sunday | Friday egg day |
|-----------|---|---|--|
| 6am | One glass of water + lemon juice + saunf one spoon soaked over night | | |
| | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 7.45 | choely 30gm Vegetable 150-200 gm Vegetable salad | Rajma 30gm Vegetable 150-200gm Steamed soaked and sauteed | Two egg whites' vegetable omelettes |
| 12-1 | Buttermilk+ one spoon 5gm chia seeds | | |
| 1-2.00 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| | Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate | | |
| 3PM | सौंफ + अलसी(flax seeds) one spoon each | | |
| 4-5 | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA | | |
| 6PM | Moong dal 60gm vegetable chilla and pudina chutney | One jowar roti 50 gm paneer 50gm Vegetable 150+200 gm bhurji | One roti +moong dal 40gm Vegetable sambar |
| 7.30-8.00 | Milk 100ml turmeric | | |