

WEEK 7 timings

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
6am	One glass of water + lemon juice+ dhania seeds soaked overnight7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7.45	One handful of sprouts + vegetable 100gm salad		
	Buttermilk+ one spoon 10gm chia seeds		
12-1	Vegetable salad 150gm- 200gm+ Curd one katori		
1-2.00	Moong dal 60gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Choely 30gm and roti 30gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
	Mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
	One roti Mot sabji add Vegetable salad	Barbate 30gm and roti30gm salald	Chicken 100gm /fish steamed or grilled + one roti
	Vegetable soup		