

WEEK 5 11/11

Timing	Monday/Wednesday <b>Saturday</b>	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Soaked and steamed choely 30 gm + paneer 20gm  Vegetable 150-200 gm  Vegetable salad One boiled egg	Soaked and steamed Rajma Sprouts 30gm  Vegetable 150-200 gm  One boiled egg	Three egg(2 whites' + 1 full)Vegetable 150-200 gm omelets
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti  Dal 20gm  Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60 gm + paneer 60 g vegetable stuffed chilla and pudina chutney	One jowar roti 50 gm + paneer 50gm  Vegetable 150+200 gm bhurji	Masoor 60 gm chilla +  Paneer 20gm Vegetable 150+200 gm
10-10.30	Milk 100ml turmeric		