

WEEK 6 18/11

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Three egg (2 whites + 1 full)Vegetable 150-200 gm omelets /egg salad	Moong 40gm  Vegetable 150-200 gm  Steamed soaked and sauteed	Three egg (2 whites' + 1 full)Vegetable 150-200 gm omelets
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 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 + soya chunks 30g vegetable stuffed chilla and pudina chutney	One sattu 60 gm/besan chilla / roti + moong dal 50 gm Vegetable 150+200 gm sabji	Sattu 60 g roti Soya granules 30 gm + paneer 50 g vegetable bhurji or three egg white + one full egg bhurji  Vegetable salad
10-10.30	Milk 100ml turmeric		