

WEEK 7 25/11

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice + dhania seeds soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Three eggs white + one full Vegetable salad	Milk 100ml and fruit 100gm + 30 g sprouts (mot)	Milk 100ml and fruit 100gm
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Mot sprouts 30 g + soya chunk 30 gm vegetable sabji One Roti or Moong dal 60 gm + paneer 30 g vegetable chilla and pudina chutney	Rajma 30gm and paneer 30gm vegetable 100gm sabji + One roti or Besan 60gm vegetable + paneer 30 g chilla and pudina chutney	Choely 30gm and panner 60 gm + Vegetable 100g + one roti
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts 30 g + soya chunk 30 gm vegetable sabji One Roti or Moong dal 60 gm + paneer 30 g vegetable chilla and pudina chutney	Rajma 30gm and paneer 30gm vegetable 100gm sabji + One roti or Besan 60gm vegetable + paneer 30 g chilla and pudina chutney	Paneer 50 gm + moong dal 60 gm vegetable 200-150 gm chilla or Choely 30gm and panner 60 gm + Vegetable 100g + rice 30gm
10-10.30	Vegetable soup		