

WEEK 8 2/12

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	One glass of water + lemon water + dhania seeds soaked overnight		
8-9 am	Milk 7-8 almond and one walnut roasted khaskhas half teaspoon 100ml and fruit 100gm + one spoon makhana powder Smoothie or Three eggs white + one full Vegetable salad	Milk 100 ml and fruit 100 gm 7-8 almond and one walnut roasted khaskhas half teaspoon + one spoon sattu Smoothie or Three eggs white + one full Vegetable salad	Milk 100 ml and fruit 100 gm 7-8 almond and one walnut roasted khaskhas half teaspoon + one spoon sattu Smoothie or Three eggs white + one full Vegetable salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2.00-2.30	Sattu roti 60 g+ paneer 60 g Vegetable 100 gm bhurji	Sattu roti 60 g+ paneer 60 g vegetable 100 gm bhurji	Sattu roti 60 g+ paneer 60 g vegetable 100 g bhurji
	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	Rice 30 gm + soya chunk 30gm Vegetable pulao	Roti/rice 30gm and paneer 60gm bhurji	Bhagar/oats 30 gm paneer 60gm vegetable upma
10-10.30	Vegetable soup		