

Week 5 1/7

	Monday/Wednesday/ saturday	Tuesday/Thursday	Friday/Sunday
	One glass of water + One spoon Saunf soaked overnight		
7.30AM	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Three boiled(1 full egg 2 white) vegetable salad	Mot sprouts 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable	Three boiled(1 full egg 2 white) vegetable salad
12.00	One glass of water + One spoon Saunf soaked overnight + soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3	Wheat roti 60gm Dal 20gm Sabji one plate	Ragi atta 40 gm + besan 20gm +vegetable 50gm	Jowar /bajra 60gm Dal 20gm Sabji one plate
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
Saturday is liquid day			
7.00-8.30PM	Moong dal vegetable 60gm vegetable150-160 gm chilla with pudina chutney	THREE IDLI (one part rice +two-part dal) VEGETABLE SAMBAR Sambhar as much as you want	Oats 30gm Massor dal 60gm Vegetable khichdi Vegetable soup
10.30 Pm	VEGETABLE SOUP		