

Week 7- 15/7

Timing	Monday/Tuesday/saturday	/Thursday	Friday/Sunday/Wednesday
8.30am	One glass of water + One spoon of lemon juice one spoon dhaniya seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
1.00	Buttermilk 500ml+ soaked chia seeds 5gm		
11.30	One katori vegetables 100gm + curd 50gm		
12pm	30gm mix dal vegetable sambar Vegetable 100-150 gm Jowar roti 30gm +fruit	Jawar 30gm 30gm dal BHAI Vegetable 100-150 gm	Jawar 30gm 30gm dal + SABJI Vegetable 100-150 gm Two boiled egg white vegetable salad
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	Green tea		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8PM	Vegetable 100-150 gm /BHAGAR 30gm + soya granules 30gm Vegetable 100-150 gm	Three moong dal 30 gm + soya chunk atta 30gm VEGETABLE chilla and pudina chutney	CHICKEN TIKKA 200GM VEGETABLE SALAD