

Week 9 29/7

| | Wednesday/ Saturday fruit day | Tuesday/Thursday/Monday | Friday/Sunday |
|-------------|---|--|--|
| 7.00-8.00am | One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder | | |
| 9-8 am | 5-6 Almond, one walnut | | |
| 10.00 | Buttermilk 500ml/COCONUT WATER + soaked chia seeds 5gm SAUNF WATER / VEGETABLE JUICE | | |
| 11am | Vegetables salad and one small katori curd | | |
| 12-30 PM | One jowar roti 30gm + dal 30gm vegetable + sabji | | |
| 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 | | |
| 7-8PM | Oats 30gm/rice 30gm moong Dal 60gm vegetable chilla Pudina chutney | Three idli and vegetable sambar Add vegetables in sambar As much u want or 30 gm rava upma and vegetable sambar (dal 50gm) | Oats 30 gm + paneer 30gm vegetable Oats moong dal vegetable upma /chilla Or bhagar 30gm + masoor 50gm vegetable upma |
| 9-10 pm | Vegetable soup | | |