

WEEK 12 (1/7/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of methidana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Protein supplement		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	One roti Dal 30gm vegetable bhaji		Rice 30gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Chicken or fish 200gm steamed or grilled Vegetable salad without oil	Chicken or fish 200gm steamed or grilled Vegetable salad without oil	Chicken or fish 200gm steamed or grilled Vegetable salad without oil
10-10.30	Vegetable soup		