

Week 11 (8/7/23)

Timing	Monday/Wednesday/ <b>Saturday fruit day</b>	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + pinch of jeera powder + lemon juice one spoon optional		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30_ 10	wheat 30gm roti dal 30gm add Sabji dal bhaji	jawar roti 30gm + dal one katori One sabji	Jawar roti 30gm + dal one katori One sabji
In between	Buttermilk 500ml+ chia seeds		
1pm	Beet carrot juice one glass	Palak tomato juice	Lauki juice
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7pm	Grilled Paneer 50gm + moong dal sprouts (30g) Vegetable200-300gm salad	Dalia 30gm and panner 50gm salads	Panner 50gm+ oats 30gm 250gm salads
10.30 Pm	vegetable soup+ kabi pro + tab ato z once aday		