

Week12 (15/7/23)

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	One spoon of saunf +two cup of water reduces it half by boiling One spoon of Coriander seeds +two cups water boiling +half by boiling One spoon methi dana overnight soaked in water one cup of water One spoon of lemon juice pinch of dalchini powder/ jeera powder		
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	One roti+ dal bhaji (3katori) Vegetable200-300gm salad	Rice 30gm and besan 50gm salads	Panner 50gm+ rice 30gm 30gm 250gm salads
10.30 Pm	vegetable soup kabi pro + tab ato z once aday		