

WEEK 13 (16/9/23)

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Vegetable salad		
12-1	Buttermilk(1lit)+ one spoon 10gm chia seeds		
11-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00- 12.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm + 60g moong dal vegetable khichadi kadhi	Dalia 30gm + moong 50gm Vegetable 150+200gm upma	Rice 30gm Panner vegetable salad
10-10.30	Vegetable soup		