

Week 15 21/1

Timing	Monday/Wednesday Saturday liquid day	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	Two egg white		
	Buttermilk+ one spoon 10gm chia seeds whenever you feel hungry		
11-11.30	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	soya granules 50gm vegetable chilla	Moong da 30gm + Panner 60gm Vegetable 150+200gm chilla	Chicken 200gm steamed vegetable salad
10-10.30	Vegetable soup		