

Week 11

Days	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
6.30PM	One glass of water + one spoon of saunf two cup of water boil it make it half		
8.30AM	5-6 almond, one walnut		
10.30am	Vegetable salad one katori curd		
11.30AM	Jawar Roti/bajra roti / Ragi/Rajgira atta (60 gm) Dal one katori Sabji one katori		
2.30 PM	Three egg whites' vegetable salad		
4pm	Green tea		
5.00PM	Pumpkin seeds one spoon		
6.00- 6.30PM	Rice 50gm Panner 30gm vegetables 150-160 add lots of vegetable	Roti 60gm Vegetable 150-160gm Moong 40gm sabji	Chicken 80gm Rice vegetable pulav
10.00	One cup of milk no sugar		