

## 12Week 22/7

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + soaked ajwain one spoon		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Beet carrot juice one glass	Palak tomato juice	Lauki juice
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Rice 30gm+ tuvar dal 30gm Vegetable 150+200gm <b>Make Dalia moong dal vegetable khichdi</b>	Masoor dal 60gm Vegetable 150+200gm <b>Chilla</b>	Roti 30gm Rajhma sabji <b>Roti and rajhma</b>