

19 week/20week

	Wednesday/ Saturday fruit day	Tuesday/Thursday/Monday	Friday/Sunday
7.00-8.00am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
9-8 am	5-6 Almond, one walnut		
10.00	Buttermilk 500ml/COCONUT WATER+ soaked chia seeds 5gm SAUNF WATER / VEGETABLE JUICE		
11am	Vegetables salad and one small katori curd		
12-30 PM	One jawar / wheat/ dalia/oats roti 30gm + One katori 30gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-7.30PM	Rava 30gm/rice 30gm moong Dal 30gm vegetable chilla Pudina chuteny	Bhagar 30gm + 50gm moong dal chilaa or khichadi	Oats 10gm + monng Dal 50gm vegetable Khichadi and kadhi
9-10 pm	Vegetable soup		