

WEEK 12 (21/10/23)

| Timing        | Monday/Wednesday<br>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         | Two egg white   |   |  |
| 12-1          | Buttermilk+ one spoon 10gm chia seeds   |   |  |
| 1-1.30        | Vegetable salad 150gm- 200gm+ Curd one katori                                     |   |  |
| 2.00-2.30     | Jawar / Bajra /Ragi/ Wheat / (30gm) roti<br>Dal 30gm<br>Sabji one plate           |   |  |
|               | सौंफ + अलसी( flax seeds) one spoon each   |   |  |
| 5-5.30<br>6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA |   |  |
| 7.00-7.30     | Rice 30gm + 60g moong dal<br>vegetable khichadi<br>kadhi                          | Dalia 30gm +<br>moong 50gm<br>Vegetable 150+200gm<br>upma | Rice 30gm<br>soya granules 30gm<br>vegetable salad |
| 10-10.30      | Vegetable soup  |   |  |