

13Week 29/7

Days	Thursday/Monday/Saturday	Tuesday/Sunday	Friday/Wednesday
6.30AM	One glass of water + one spoon of apple cider vinegar		
8.30AM	10-11 almond, One walnut		
9.30-10.00AM	Vegetable juices 1)Carrot beet root juice one glass 2)Tomatoes + carrot+ beet root juice 3) Lauaki juice 4)Apple+ beet root+ pomegranate juice		
11.00	Jawar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm) Dal one katori One katori sabji one katori curd		
1.00-2.30PM	One big bowl vegetable salad 200gm, + one katori sprouts		
3.30PM	Mix seeds one spoon + one fruit		
4.30 PM	½ spoon chia seeds soaked in water for half an hour and add in one glass of buttermilk		
6.00-7.00PM	Grilled Paneer 50gm + one moong dal sprouts (30g) Vegetable200-300gm salad	Dalia 30gm and panner 50gm salads	Panner 50gm+ oats 30gm 250gm salads
10.00	One cup of vegetable soup		