

Week 13 (19/8/23)

Days	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
10.00- 11.30AM 2pm	Fruit 100gm  Jawar Roti (60 gm) sabji, One big bowl vegetable salad 100gm one katori curd  <b>Saturday fruit diet</b>		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and sanuf Green tea		
4.30 PM	Green tea		
5.00PM	Mix seeds one spoon		
7.30-8.00PM	Moongdal-50gm+ 10g rice Vegetables-150-160gm Make veg dal khichadi	30gm panner + chick peas 30gm salad with add vegetables	Moongdal-50gm+ 10g soya granules Vegetables-150- 160gm Make veg dal khichadi
10.30 pm			