

## 16Week19/8

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon water +soaked saunf one spoon overnight		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Moong dal 30gm Vegetable sprouts	Mot sprouts 30gm Vegetable salad 150gm - 200gm	Rajma 30gm Vegetable salad 150-200gm
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	Bhagar 30gm+ moong dal 30gm Vegetable 150+200gmdal bhaji	Chick peas 40gm +one roti 30gm Vegetable 150+200gm	Sewai 30gm Soya granules 30gm and vegetable 100-150gm Sewai vegetable upma
10- 10.30			