

Week13 11/12/23

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice one spoon jeera seeds+ 8-10 almond and walnut one		
8pm 10pm 12pm	green tea vegetable soup water+ one spoon 10gm chia seeds		
12pm	One katori vegetables 100gm + curd 50gm		
12.30pm	Bhagar30gm +moong dal 30gm Vegetable100-150gm khichadi One fruit 100gm (less sweet)	Kodo Rice /jawar dalia 30gm Dal one katori sabji Vegetable10 One fruit 100gm (less sweet)0- 150gm	Ragi dosa 30gm Vegetable100-150gm + chana dal chutney +One fruit 100gm (less sweet)
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	vegetable soup		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8pm	One roti 30gm/rice 30gm Sabji + vegetable 100- 150gm + two eggs white/ 30gm soya granules(when eggs not allowed	Moong Dal 60gm Vegetable 100gm- 150gm	200gm steamed chicken vegetable salad