

Week 14 18/12

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
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		
11-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00- 12.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti+ Dal 30gm Sabji one plate		
	<p>सौंफ + अलसी( flax seeds) one spoon each One glass of water +            One spoon of saunf +two cup of water reduces it half by boiling            or            One spoon of Coriander seeds +two cups water boiling +half by boiling            or            One spoon methi dana overnight soaked in water one cup of water            or            One spoon of lemon juice pinch of dalchini powder/ jeera powder</p>		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Rice atta one spoon Masoor 50gm vegetable salad chilla	Oats30gm + chana 30gsprouted m Vegetable 150+200gm upma	Rice 30gm + 50g chicken vegetable khichadi
10-10.30	Vegetable soup		