

Week 11(11/12/23)

| Days | Thursday/Monday/Saturday | Tuesday/Sunday | Friday/Wednesday |
|--------------|--|--|--|
| 6.30AM | One glass of water + one spoon of lemon juice pinch of jeera powder | | |
| 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 | | |
| 12.00 | Jawar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm) Dal one katori One katori sabji one katori curd | | |
| 2.00-2.30PM | One big bowl vegetable salad 200gm, | | |
| 3.30PM | Pumpkin 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 water | | |
| 6.00-7.00PM | Grilled Paneer 20gm + one moong dal chilla(30g) Vegetable salad | KODO RICE 30gm and panner 50gm salads Or Three Egg white vegetable pulao | Panner 60gm+ SWEET CORN TWO SALAD 50gm salads vegetable khichadi |
| 10.00 | One cup of vegetable soup | | |