

WEEK 11 (13/5/23)

Timing	Monday/Wednesday Saturday dal day1	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	Half glass of water + +one spoon of saunf soaked overnight		
7.00-7.30			
10 am	Milk 50ml 7-8 almond and one walnut, one anjeer and fruit 100gm		
1-1.30	Vegetable salad 150gm- 200gm		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Masoor dal 60gm vegetable chilla and pudina chutney + 3-4 moong vegetable idli Tomato chutney	One roti +Choely 50gm Vegetable 150+200gm sabji or chickpeas pasta 40gm + moong sprouts	One roti / noodles 30gm Soya granules 30gm vegetable bhurji
10-10.30	Milk 100ml turmeric		