

WEEK 12 (18/11/23)

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|---------------|---|---|---|
| 5.30-7am | One glass of water + lemon juice+ dhania seeds soaked overnight | | |
| 10 am | fruit 100gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | Fruit 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | Three egg white Vegetable salad |
| 12-1 | Buttermilk+ one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm | | |
| 2.00-2.30 | Moong dal 60gm vegetable chilla and pudina chutney | Besan 60gm vegetable chilla and pudina chutney | Choely 30gm and panner 20gm Vegetable salad |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA | | |
| 7.00-7.30 | Mot sprouts +soya chunk 30gm + ragi chilla 30g Vegetable salad | Rajhma 30gm and panner 30gm salad + rice 30g | Urd dal 30gm + moong 30gm dal vada Will send u recipe Vegetable sambhar |
| 10-10.30 | Vegetable soup | | |