

13 Week 25/11

Timing	Monday/Wednesday/ Sunday full day liquid day	Tuesday/ Thursday	Friday /Saturday
6-7am	One glass of water + lemon one spoon juice soaked methidana overnight		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Fruit 100gm	Ragi atta one spoon + milk 50ml + one fruit + one apple khajoor + one spoon-soaked chia seeds Make smoothie	Fruit 10gm
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Satu ki roti/ ragi ka roti/ jawar ki roti(60gm) Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ mix seeds one spoon		
7.00- 7.30	Moong dal 60gm Vegetable 150+200gm Make Moong dal vegetable chilla	Two spoon kodo rice + soya chunk 30gm Vegetable 150+200gm	Besan30gm + soya chunk atta 30gm add vegetable chilla
10- 10.30			