

WEEK 14 (1/1/24)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer		
10.00	Tomato and palak vegetable soup + one boiled egg white	Lauki and tomato vegetable soup+ one boiled egg white	Tomato and carrot soup+ one boiled egg white
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	One roti + dal two katori One plate sabji	One roti + Dal bhaji two katori	Rice 30gm and choely 40gm 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	Panner 100gm steamed or grilled Vegetable salad	Rice 30gm and soya chunk sautéed 30gm salad	Jawar roti 30g 30gm dal bhaji
10-10.30	Vegetable soup		