

WEEK 16 (22/1/24)

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of methidana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Two egg white		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	One roti Dal 30gm vegetable bhaji		Rice 30gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao
	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	Bhagar 30gm + pann30gm Vegetable upma	Oats 30g+besan 50gm vegetable chilla and tomato chutney	Two idli and vegetable sambhar (30gm dal +200gm veg)
10-10.30	Vegetable soup		