

Week 19 12/2/24

	Monday /Wednesday	Tuesday/ Thursday	Friday/ Sunday
7-8	One glass of water + lemon water + one spoon of dhania soaked in water overnight <b>Saturday liquid day</b>		
8-9	5-6 almond and one walnut, one anjeer,		
11-12	Vegetable salad 150gm- 200gm Jawar / Rice <b>30gm</b> +Dal 30gm+Sabji one plate+ one katori curd		
2pm	Vegetable salad 150gm- 200gm+ <b>sprouts 30gm</b> salad		
4pm	Green tea/ Black tea /Black coffee	Black tea /Green tea/ Black coffee	Black coffee /Green tea/ Black tea
6pm	सौंफ + अलसी( flax seeds) one spoon each		
	Pumpkin seeds one spoon	Watermelon seeds one spoon	Sunflower seeds one spoon
6-7pm	Vegetable dal soup Dal 40gm one roti	Rice 30gm Panner50gm pulao	Panner 100gm + two corn vegetable salad