

Week 22 4/3/24

	Monday /Wednesday	Tuesday/ Thursday	Friday/ Sunday
7-8	One glass of water + lemon water + one spoon of dhania soaked in water overnight Saturday liquid day		
8-9	5-6 almond and one walnut, one anjeer,		
11-12	Jawar 30gm +Dal 30gm+Sabji one plate+ one katori curd		
2pm	Vegetable salad 150gm- 200gm		
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		
	Buttermilk 100ml with chia seeds 5gm		
6-7pm	Bhagar 30gm and vegetable 200gm + MOONG 10GM Vegetable khichadi	Massor DAL 60gm and vegetable 200gm Vegetable CHILLA	Panner 100gm grilled vegetable salad
10pm	Vegetable soup		