

Week 24 18/2/23

	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	Jawar 30gm +Dal 30gm+Sabji one plate+ one katori curd		
2pm	Vegetable salad 150gm- 200gm		
6pm	सौंफ + अलसी( flax seeds) one spoon each		
6-7pm			THREE egg white VEGETABLE SALAD