

WEEK 12 (27/8/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday	Friday/sunday
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		
10-10.30	Vegetable salad 150gm- 200gm+ Curd one katori		
11.00- 11.30	One roti Dal 30gm vegetable bhaji		
	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	Chicken 200gm steamed vegetable salad	Vegetable salad without oil Moong dal chilla	One roti Soya granules 30gm vegetable bhurji
10-10.30	Vegetable soup/chicken soup		