

Week 12 ( 18/12/23)

Days	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + One spoon of saunf +two cup of water reduces it half by boiling <b>or</b> One spoon of Coriander seeds +two cups water boiling +half by boiling <b>or</b> One spoon methi dana overnight soaked in water one cup of water <b>/or</b> One spoon of lemon juice pinch of dalchini powder/ jeera powder		
8.30AM	7-8 almond, half walnut		
9-10AM	Steamed sprouts <b>30gm</b> and vegetable 100gm salad		
1.00- 2..30PM	One big bowl vegetable salad 100gm+ <b>curd half katori</b> Jawar Roti\ bajra roti / Ragi/Rajgira atta ( <b>30 gm</b> ) One katori sabji <b>Saturday fruit day</b>		
3.30PM	Green tea		
4.30 PM	One fruit		
6.00PM	Green tea		
6.30- 7.00PM	Choely 30gm panner 20gm Vegetable salad	Moong dal 60gm vegetable chilla green chuteny	Soya chunk 40gm vegetable 100gm Make vegetable salad
10.00	One cup of vegetable soup		