

Week 15

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