

WEEK 11

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight		
	One handful of sprouts and vegetable salads		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Rice 30gm and soya chunk pulao Vegetable 100-150gm	Soya chunk 60gm vegetable chilla and pudina chutney	One roti panner vegetable bhurji
	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	Two plain Dosa and vegetable sambhar	Black chana 30gm and panner 30gm salad	Three moong dal vegetable chilla and pudina chutni Or 60gm vegetable khichadi
10-10.30	Vegetable soup		