

WEEK 12 (23/10/23)

| Timing    | Monday/Wednesday<br>Saturday  | Tuesday/ Thursday/<br>Sunday                              | Friday egg day                                     |
|-----------|---|---|--|
| 5.30-7am  | Water one glass and lemon juice + one spoon of jeera soaked overnight   |   |  |
| 7-8.30am  | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon    |   |  |
| 10 am     |   |   |  |
| 12-1      | Buttermilk+ one spoon 10gm chia seeds                                   |   |  |
| 1-1.30    | Vegetable salad 150gm- 200gm+ Curd one katori                           |   |  |
| 2.00-2.30 | Jawar / Bajra /Ragi/ Wheat / (30gm) roti<br>Dal 30gm<br>Sabji one plate |   |  |
|           | सौंफ + अलसी( flax seeds) one spoon each                                 |   |  |
| 5-5.30    | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)            |   |  |
| 6PM       | ONE CUP GREEN TEA   |   |  |
| 7.00-7.30 | Rice 30gm + 60g moong dal<br>vegetable khichadi<br>kadhi                | Dalia 30gm +<br>moong 50gm<br>Vegetable 150+200gm<br>upma | Rice 30gm<br>soya granules 30gm<br>vegetable salad |
| 10-10.30  | Vegetable soup  |   |  |