

11Week 15/7

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + soaked saunf one spoon		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9.00am	Green tea		
10.00	buttermilk+ one spoon 10gm chia seeds		
11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12- 12.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 20gm Sabji one katori		
2-2.30	सौंफ + अलसी(flax seeds) one spoon each		
3-4 pm	Green tea		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA/lemon tea /jasmin tea/hibiscus tea		
7.00- 7.30	Dalia 30gm+ moong dal 30gm Vegetable 200- 250gm Make Dalia moong dal vegetable khichdi	Oats 30gm+ panner 30gm Vegetable 250+300gm Oats panner upma	Roti 30gm Tuar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji