

15Week 12/8

	Wednesday/ Saturday fruit day	Tuesday/Thursday/Monday	Friday/Sunday
7.00-8.00am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
9-8 am	5-6 Almond, one walnut		
10.00	Buttermilk 500ml/COCONUT WATER+ soaked chia seeds 5gm SAUNF WATER / VEGETABLE JUICE		
11am	Vegetables salad and one small katori curd		
12-30 PM	One jawar roti 30gm + One katori 30gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-7.30PM	Oats 30gm/rice 30gm moong Dal 30gm vegetable chilla Pudina chuteny	Three idli and vegetable sambhar Add vegetables in sambhar As much u want	Oats 30gm + panner 30gm vegetable Oats moong dal vegetable upma /chilla
9-10 pm	Vegetable soup		