

17Week 26/8

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +soaked saunf one spoon overnight		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	BARBATI30gm Vegetable sprouts	Mot sprouts 30gm Vegetable salad 150gm - 200gm	CHOELY 30gm Vegetable salad 150-200gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	DALIA30gm+ moong dal 30gm Vegetable 150+200gmdal bhaji	PANNER 40gm +one roti 30gm Vegetable 150+200gm	RICE 30gm Soya granules 30gm and vegetable 100-150gm
10- 10.30	MILK 50ML		