

Week 11

Days	Thursday/Monday/Saturday	Tuesday/Sunday	Friday/Wednesday
6.30 am	One glass of water + one spoon of lemon juice pinch of jeera powder		
	10-11 almond, One walnut		
7.30- 8.30 AM	Vegetable juices 1)Carrot beetroot juice one glass 2)Tomatoes + carrot beetroot juice 3) Lauaki juice 4)Apple beetroot pomegranate juice		
12.00	Jowar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm)  Dal one katori  One katori sabji  one katori curd		
2.00- 2.30PM	One big bowl vegetable salad 200gm,		
3.30PM	Pumpkin seeds one spoon + one fruit		
4.30 PM	½ spoon chia seeds soaked in water for half an hour and add in one glass of water		
6.00- 7.00PM	Grilled Paneer 20gm + one moong dal chilla(30g)  Vegetable salad	KODO RICE 30gm and paneer 50gm salads  Or  Three Egg white vegetable pulao	KHICHADI METHI BESAN  SENDING A RECIPIE
10.00	One cup of vegetable soup		