

14 Week

| Days        | Monday/Wednesday   | Tuesday/Thursday   | Friday/Sunday  |
|-------------|--|--|--|
| 7.30AM      | One glass of water +<br>One spoon of saunf +two cup of water reduces it half by boiling<br>One spoon of Coriander seeds +two cups water boiling +half by boiling<br>One spoon methi dana overnight soaked in water one cup of water<br>One spoon of lemon juice pinch of dalchini powder/ jeera powder |  |  |
| 9.30AM      | 10-11 almond, half walnut  |  |  |
| 11.00AM     | Jowar Roti/ bajra roti / Ragi/Rajgira atta (50 gm)<br>Dal one katori<br>One katori sabzi<br><b>Saturday fruit day</b>  |  |  |
| 1.00-       | Green tea/ vegetable soup one bowl   |  |  |
| 2..30PM     | One big bowl vegetable salad 100gm,<br>sprouts 30gm<br>one katori curd   |  |  |
| 3.30PM      | Pumpkin seeds one spoon  |  |  |
| 4.30 PM     | ½ spoon chia seeds soaked in water for half an hour and add in one glass of water  |  |  |
| 6.00PM      | Green tea  |  |  |
| 6.30-7.00PM | 60 gm moong dal<br>Vegetable chilla with chana dal chutney   | Paneer 100gm<br>Vegetable 100 gm Paneer tikka<br>Or<br>Paneer 50gm +choe 30gm<br>Vegetable tikki<br>or | Soya bean chunk 40gm<br>Moong dal 20gm<br>vegetable 100gm<br>Make<br>vegetable tikki |

|       |                           |        |  |
|-------|---------------------------|--------|--|
|       |                           | chilla |  |
| 10.00 | One cup of vegetable soup |        |  |