

Week 14

timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.30am	One glass of water + One spoon of lemon juice pinch of dalchini powder		
Before gym	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Barbati 30gm steamed sauteed  One bowl of Vegetable 100-150gm salad  Vegetable	Black chana 30gm soaked steamed sauteed  Vegetable 100-150 gm  Vegetable salad	MOT 30gm SPROUTED soaked steamed sauteed  Vegetable 100-150 gm  Vegetable salad
12.00	Buttermilk 200ml+ soaked soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
7.30- 8.00PM	Sawai 40gm  Panner 50gm  vegetable 150-160gm pulao and kadhi	ONE ROTI  Moong dal 30gm Vegetable 150-160 gm sambhar	Bhagar 30 gm  Paneer 50 gm vegetable150-160 gm  Paneer vegetable khichdi
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		
7.30- 8.00PM	Sawai 40gm  Panner 50gm  vegetable 150-160gm pulao and kadhi	ONE ROTI  Moong dal 30gm Vegetable 150-160 gm sambhar	Bhagar 30 gm  Paneer 50 gm vegetable150-160 gm  Paneer vegetable khichdi
10.30 Pm	One cup(100ml) of milk no sugar/no malai  Or vegetable soup		