

WEEK 14 (25/12/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Vegetables salad + three egg white		
12-1	one spoon 5m chia seeds + water		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Soya granules 30gm + 30g moong dal vegetable chilla kadhi	Oats 30gm + Paneer 30gm Vegetable 150+200gm chilla	Roti 30gm + Chicken/fish 100gm Steam sauteed vegetables salad
10-10.30	Vegetable soup		