

Week 13 (22/1/24)

Days	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
10.00-11.30AM 2pm	Fruit 100gm One big bowl vegetable salad 100gm one katori curd Jowar Roti (60 gm)+sabji Saturday fruit diet		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and saunf Green tea		
4.30 PM	Green tea		
5.00PM	Mix seeds one spoon		
7.30-8.00PM	Moong Dal-50 gm+ 10g rice Vegetables-150-160gm Make veg dal khichdi + methi besan 30gm	30 gm paneer + chickpeas 30gm salad with add vegetables salad	Moong Dal-50 gm+ 10g soya granules Vegetable 150-160gm Make veg dal khichdi
10.30 pm	Vegetable salad		