

Week 13

	Tuesday /Monday Thursday	Saturday Wednesday	Friday/Sunday
8.30-9am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8.30am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
10 am	fruit	Two egg white	Two egg white
1pm	Vegetables salad and one small katori curd		
2-3 PM	One jawar roti 30gm + One katori dal30gm vegetable + sabji		
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		
7-8 pm	Moong dal 60g vegetable 100-160gm soup	Vegetable150gm salad three egg vegetable bhurji	Chicken 200gm steam