

WEEK 12 (4/12/23)

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
10am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
11am	THREE egg white		
12-1	Buttermilk In one spoon 10gm chia seeds		
11-11.30	Vegetable salad 150gm- 200 gm+ Curd one katori		
11.00- 1.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each GREEN TEA		
5-5.30	+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00	Rice 30gm + CHICKEN 100GM	Dalia 30gm + moong 50gm Vegetable 150+200gm upma	Chicken /FISH/ PRAWNS 200gm vegetable saladSTEAM OR GRILLED
10-10.30	Vegetable soup		