

Week 11

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8- 8.30am	One glass of water + lemon one spoon juice + soaked methidana overnight		
8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 9.30am	One fruit and milk		
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		

2-3pm	Jowar dalia 30gm +moong dal 30gm Vegetable 100-150 gm khichdi	Oats 30gm + besan 30gm roti sabji Vegetable 100-150 gm	mix dal vegetable sambar one katori Jowar dosa 60gm add grated lauki Vegetable100-150 gm
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3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA Mix seeds one spoon		
7.00- 7.30	Kodo rice 30 gm+ moong dal 30gm Vegetable 150+200 gm dal bhaji Make kodo rice moong dal vegetable dal bhaji	Chickpeas/CHOELY 30gm +soya granules 30gm Vegetable 150+200 gm	Sewai 30gm Choely 30gm and vegetable 100-150gm Sewai vegetable upma
10- 10.30	Milk 100ml turmeric		

