

Week 14

	Monday /Wednesday /saturday	Tuesday/ Thursday	Friday/ Sunday
8-8.30am	One glass of water + lemon one spoon juice + one spoon of methi dana soaked in water Overnight		
8.30a	5-6 almond and one walnut, roasted khaskhas half teaspoon		
9-9.30am	Buttermilk + one spoon 10gm chia seeds		
11-12	Vegetable salad 150gm- 200gm steamed curd		
12pm	<b>ONE JOWAR ROTI</b> Dal 30gm Vegetable SAMBAR	Rice 30gm + Moong /tuar 30gm + Vegetable 150gm	Jowar /bajra 30gm roti Dal 30gm Sabji one plate
4pm	Green tea/ Black tea /Black coffee	Black tea /Green tea/ Black coffee	Black coffee /Green tea/ Black tea
5pm	Coconut water	Green tea	Green tea
6pm	सौंफ + अलसी( flax seeds) one spoon each		
	Pumpkin seeds one spoon	Watermelon seeds one spoon	Sunflower seeds one spoon
6-7pm	Paneer 100 gm Vegetable 100-150 gm STEAMED AND SAUTEED ONE ROTI	3-4 MOONG DAL CHILLA	MOT 60GM SPROUTED STEAMED VEGETABLE SALAD
10pm	VEGETABLE SOUP		