

Week 15

	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		
	Buttermilk 500 ml + one spoon 10gm chia seeds		
11-12	Vegetable salad 150 gm- 200 gm steamed + curd		
12pm	ONE JOWAR ROTI Dal 30gm Vegetable SAMBAR	Rice 30 gm + Moong /tuvar 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	buttermilk	Soya milk
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 + one Roti VEGETABLE SALAD
10pm	Milk 100ml no sugar		