

Week 12 (15/1/24)

| Days | Monday/Wednesday | Tuesday/Thursday | Friday/Sunday |
|------------------|---|--|--|
| 7.30AM | One glass of water + One spoon of saunf +two cup of water reduces it half by boiling or One spoon of Coriander seeds +two cups water boiling +half by boiling or One spoon methi dana overnight soaked in water one cup of water /or One spoon of lemon juice pinch of dalchini powder/ jeera powder | | |
| 8.30AM | 7-8 almond, half walnut | | |
| 9-10AM | Steamed sprouts 30gm /three egg whites boiled and vegetable 100gm salad | | |
| 1.00- 2..30PM | One big bowl vegetable salad 100gm+ curd half katori Jowar Roti\ bajra roti / Ragi/Rajgira atta (30 gm) One katori sabzi Saturday fruit day | | |
| 3.30PM | Green tea | | |
| 4.30 PM | One fruit | | |
| 6.00PM | Green tea | | |
| 6.30- 7.00PM | Choely 30gm panner 20gm Vegetable salad | Moong dal 60gm vegetable chilla green chuteny | Soya chunk 40gm vegetable 100gm Make chilla vegetable salad |
| 10.00 | One cup of vegetable soup | | |