

Week 14 (29/1/24)

Days	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
10.00-11.30AM <b>12pm</b>	Fruit 100gm One big bowl vegetable salad 100gm one katori curd Jowar Roti (60 gm)+sabji <b>Saturday fruit diet</b>		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and saunf Green tea		
4.30 PM	Green tea		
5.00PM	Mix seeds one spoon		
7.30-8.00PM	Moong Dal-50 gm bhagar 30gm Vegetables-150-160gm Make veg dal khichdi	50 gm paneer + oats 30gm salad with add vegetables upma	Moong Dal-50 gm+ besan 20gm Vegetable 150-160gm Make chilla
10.30 pm	Vegetable salad		