

Week 15 4/2

| | Tuesday /Monday Thursday | Saturday Wednesday | Friday/Sunday |
|--------|---|---|---|
| 7-8 am | One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder | | |
| 8am | 5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted | | |
| 9-10 | Sprouts 30gm/ two egg white | Two egg white | Two egg white |
| 1pm | Vegetables salad and one small katori curd | | |
| 2-3 PM | One jowar roti 30gm + One katori dal30gm vegetable + sabji | | |
| 3.30PM | Flax seed one spoon with saunf one spoon + one glass of water | | |
| 4.30PM | One fruit 100gm (less sweet) | | |
| 5.00PM | Seeds (watermelon, sunflower, pumpkin seeds) | | |
| 6.00PM | Green tea | | |
| 7-8 pm | Moong dal 60g vegetable 100-160gm soup | Vegetable 150gm salad three egg vegetable bhurji | Chicken 200gm steam Vegetable 150gm salad |