

WEEK 12

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Two egg white vegetable salad		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 40gm( four katori) Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm + 30g moong dal vegetable khichdi kadhi	Dalia 30gm + moong 30gm Vegetable 150+200 gm upma	Rice 30gm Chicken 100gm vegetable salad
10-10.30	Vegetable soup		