

Week 19

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice one spoon jeera seeds + 8-10 almond and walnut one		
8pm	green tea		
10pm	vegetable soup + two egg white		
12pm	buttermilk+ one spoon 10gm chia seeds		
2pm	One katori vegetables 100gm + curd 50gm		
2.30pm	Bhagar30gm +moong dal 60gm Vegetable 100-150 gm khichdi One fruit 100gm (less sweet)	Kodo Rice /jowar dalia 30gm Dal one katori sabzi Vegetable 10 One fruit 100gm (less sweet)0- 150gm	Ragi dosa 30gm Vegetable 100-150 gm + chana dal chutney +One fruit 100gm (less sweet) one jowar roti+dal sabzi
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	vegetable soup		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8pm	One roti 30gm/rice 30gm Sabji + vegetable 100- 150gm + two eggs white/ 30gm soya granules(when eggs not allowed	Moong Dal 80gm Vegetable 100gm- 150gm chilla or dal moong vegetable soup	200gm steamed chicken/fish vegetable salad vegetable soup