

WEEK 13

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer		
10 am	4-5 MOONG DAL VEGETABLE APPE	Moong dal sprouts 30gm  Vegetable idli and pudina chutney	Vegetable 150-200 gm and vegetable <b>TWO boiled egg white</b>
12-1	Butter milk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi DOSA / Wheat / (60gm) roti  Dal 20gm  Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each + mix seeds one spoon		
5-5.30 6PM	Fruits 100gm  ONE CUP GREEN TEA		
7.00-7.30	RAGI ROTI 50 gm+ Three egg white Vegetable 150+200 gm  Make eggs vegetable bhurji and one roti	BHAGAR 30gm  Moong dal 50 gm  Vegetables khichdi and kadhi	Sevai 40gm and  PANEER 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		