

WEEK 14

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7.30-8am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Mots 30gm Vegetable 150-200 gm Egg white optional	Masoor sabut Sprouts 30gm Vegetable 150-200 gm One eggs white (optional) Steamed soaked make a chilla	Poha handful+Black chana 30gm steamed sauté vegetable Poha 150-200 gm Or Three eggs white vegetables salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm +Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Rice 10 gm+ moong dal 30gm Vegetable 150+200 gm Methi besan 30gm	RAGI IDLI 3-4 VEGETABLE SAMBAR	Chicken 100gm (4 medium size pieces) in less oil/paneer 50gm Rice 50gm vegetable 100gm Chicken/ Paneer pulao
10-10.30	Milk 100ml turmeric		