

WEEK 13

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer soaked overnight, roasted khaskhas half teaspoon		
10 am	barbati 30 gm+ Vegetable 150-200 gm Vegetable salad	Moong Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Black Chana Steamed soaked and sauteed Vegetable 150- 200gm
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 / (60gm) roti Dal 20gm 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	Oats 30+ moong dal 50 gm Vegetable 100-200 gm chilla	Masoor 50 gm paneer 50gm Vegetable 150+200 gm masoor and paneer vegetable chilla	Ragi 30 gm +besan 50gm vegetable chilla + chana dal chutney
10-10.30	Milk 100ml turmeric		