

WEEK 17

| Timing | Monday/Wednesday Saturday | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|--|--|---|
| 5.30-7am | One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight | | |
| 7.00-7.30 | | | |
| 10 am | Milk 100ml a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm + one egg white | | |
| 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 / (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 | Masoor dal 60gm vegetable chilla and pudina chutney + 3-4 moong vegetable idli Tomato chutney | One roti +choely 50gm Vegetable 150+200 gm sabji or chickpeas paste 40 gm + moong sprouts | One roti /bhagar 30gm Soya granules 30gm vegetable bhurji |
| 10-10.30 | Milk 100ml turmeric | | |