

WEEK 18

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice + dhania seeds soaked overnight		
10 am	fruit 100gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Fruit 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Three egg white Vegetable salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 20gm + Sabji one plate or		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Besan 60gm vegetable chilla and pudina chutney	Choely 30gm and panner 20gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts +soya chunk 30gm + ragi chilla 30g Vegetable salad	Rajma 30gm and paneer 30gm salad + rice 30g Or Moong 60 gm +rice 30 Vegetable Salad	Urad dal 30 gm + moong 30gm dal vada Will send u recipe Vegetable sambar
10-10.30	Vegetable soup		