

Week 24 25/3

Timing	All day
Morning 7pm	One glass of water + lemon water + dhania seeds water
Mid-Morning 9-9.30	8-10 Almond + One Walnut (Soaked overnight)
Breakfast 10am 11am	One apple Coconut water
Mid meal 2pm	Moong sprouts 30gm lemon one onion one tomato
Lunch 4pm	Add three spoons of soaked chia seeds + two small spoon curd to make buttermilk or Add three spoons of soaked chia seeds + vegetable soup /plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	Option 1 Black chana 30 gm+Paneer 50gm vegetables salad or Option 2 Moong dal 40gm vegetable soup Option 3- fish/ chicken grilled 200gm vegetable salad Option 4 oats 30 gm + paneer 50gm vegetable upma Option 5 3-4 idli sambar