

WEEK 12

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday/ Thursday	Friday / Sunday
5.30-7am	Water one glass and lemon juice + one spoon of methi dana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9-9.30am	Fruit 100 gm one apple/ +milk 100ml + Roasted oats one spoon khajoor water + one spoon-soaked chia seeds  Make smoothie	Sattu one spoon + milk 50ml + one banana + two khajoor water + one spoon-soaked chia seeds Make smoothie	Fruit 100 gm + makhana handful ROASTED +milk 50ml + one mango + 2 khajoor water + one spoon- soaked chia seeds  Make smoothie
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2 pm	Mots 30 gm + paneer 20gm  Vegetable 150-200 gm  Vegetable tikki	Masoor sabut / moong Sprouts 60gm  Vegetable 150-200 gm  Steamed soaked and make chilla	
	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	Two vegetable idli and have vegetable sambar as much as u want	Dalia 30gm + paneer 50gm  Vegetable 150+200 gm upma	Rice 30 gm + masoor 50gm  Vegetable chilla and pudina chutney
10-10.30	Vegetable soup		