

Week 11 8/4

| Days | Thursday/Monday/Saturday | Tuesday/Sunday | Friday/Wednesday |
|-----------------|--|---|---|
| 6.30AM | One glass of water + one spoon of lemon juice pinch of jeera powder | | |
| 8.30AM | 10-11 almond, One walnut | | |
| 9.30-10.0 | Vegetable juices 1)Carrot beetroot juice one katori 2)Tomatoes + carrot + beetroot juice 3) Lauaki juice 4)Apple + beetroot pomegranate juice | | |
| 9.00 | Jowar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm) Dal one katori One katori sabzi one katori curd | | |
| 2.00- 2.30PM | One big bowl vegetable salad 200gm, +sprouts 30gm | | |
| 3.30PM | Pumpkin seeds one spoon + one fruit | | |
| 4.30 PM | ½ spoon chia seeds soaked in water for half an hour and add in one glass of water | | |
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| 6.00- 7.00PM | Grilled Paneer 20gm + one moong dal chilla(30g) Vegetable salad + one boiled egg | KODO RICE /Rice 30gm and paneer 50gm salads + one boiled egg Or Three Egg white vegetable pulao | Paneer 60 gm+ SWEET CORN mushroom SALAD + one boiled egg 50gm salads vegetable khichadi |
| 10.00 | One cup of vegetable soup | | |