

WEEK 12

| Timing | Monday/Wednesday Saturday | Tuesday/ Thursday/ Sunday | Friday egg day |
|---------------|-----------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------|
| 5.30-7am | Water one glass and lemon juice + one spoon of jeera soaked overnight | | |
| 7-8.30am | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Protein supplement + two egg white | | |
| 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 / (30gm) roti Dal 30gm Sabji one plate | | |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA | | |
| 7.00-7.30 | Rice 30gm + 30g moong dal vegetable khichdi kadhi | Dalia 30gm + moong 30gm Vegetable 150+200 gm upma | Rice 30gm soya granules 30gm vegetable salad |
| 10-10.30 | Vegetable soup | | |