

Week 15 15/7

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
6.30-7am	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	Coconut water /green tea		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) 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 Or chilla Or Idli	Dalia 30gm + moong 50gm Vegetable 150+200 gm upma Bhagar 30+moong dal 50 gm vegetables 100-200 gm upma	Rice 30gm soya granules 30gm vegetable salad Or Rice and soya vegetables chilla Or chicken 100gm + one roti + vegetable salad