

Week 18 5/8

Timing	Monday/Tuesday/Thursday	/Wednesday	Friday/Saturday
6.30am	One glass of water + One spoon of lemon juice one spoon dhaniya		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
1.00	Buttermilk 500ml+ soaked chia seeds 5gm +Two boiled egg white vegetable salad		
1.00pm	One katori vegetables 100gm + curd 50gm		
2-3pm	Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		
or	or		
2pm	30gm mix dal vegetable sambar Vegetable 100-150 gm Jowar roti 30gm +fruit Two boiled egg white vegetable salad	Jawar 30 gm 30gm dal BHAJI Vegetable 100-150 gm Two boiled egg white vegetable salad	Jawar 30 gm 30gm dal + SABJI Vegetable 100-150 gm Two boiled egg white vegetable salad
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	Green tea		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8PM	Vegetable 100-150 gm BHAGAR 30gm + soya granules 30gm	moong dal 30 gm+ soya chunk atta 30gm VEGETABLE chilla and pudina chutney	CHICKEN TIKKA 200GM VEGETABLE SALAD Or 50gm soya chunk vegetable salad
10.30 Pm	vegetable soup		
	SUNDAY/ monday liquid day		