

Week 21

	Tuesday /Monday Thursday	Saturday Wednesday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9-10	fruit	Two egg white Vegetables salad	Two egg white Vegetables salad
1pm	Vegetables salad and one small katori curd		
2-3 PM	One jowar roti 60gm + One katori dal30gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8 pm	Moong dal 60g vegetable 100-160gm soup rice 30gm  Vegetable soup	Vegetable 150gm salad three egg vegetable bhurji  one roti Vegetable soup	Chicken 200gm steam vegetable salad one roti  Vegetable soup