

Week 22

Days	Thursday/Monday/Saturday	Tuesday/Sunday	Friday/Wednesday
7.30AM	One glass of water + one spoon of lemon juice pinch of jeera powder		
8.30AM	10-11 almond, One walnut		
9.30-10.00AM	Vegetable juices 1)Carrot beetroot juice one glass 2)Tomatoes + carrot beetroot juice 3) Lauaki juice 4)Apple beetroot pomegranate juice  Two egg one (white and one full)		
2.00	One big bowl vegetable salad 200gm,		
2.00-2.30PM	One big bowl vegetable salad 200gm, Jowar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm) Dal one katori One katori sabzi one katori curd		
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		
7.00-8.00PM	Grilled Paneer 20gm + one moong dal chilla(60g) Vegetable salad or chicken 200gm vegetable salad	KODO RICE 30gm and paneer 50gm salads Or Three Egg white + rice 50gm vegetable pulao	KHICHADI METHI BESAN SENDING A RECIPE
10.00	One cup of vegetable soup		