

Week 23

Days	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
6.30-7AM	One glass of water + One spoon of saunf +two cup of water reduces it half by boiling or One spoon of Coriander seeds +two cups water boiling +half by boiling or One spoon methi dana overnight soaked in water one cup of water / or One spoon of lemon juice pinch of dalchini powder/ jeera powder		
8.30AM	7-8 almond, half walnut		
9-10AM	Steamed sprouts 30gm and vegetable 100gm salad 3-4 egg white post workout		
1.00-2..30PM	One big bowl vegetable salad 100gm+ curd half katori Jawar Roti\ bajra roti / Ragi/Rajgira atta (30 gm) One katori sabji Saturday fruit day		
3.30PM	Green tea		
4.30 PM	One fruit		
6.00PM	Green tea		
6.30-7.00PM	Choely 30gm + panner 20gm + one roti Vegetable salad or chicken 100gm onr roti vegetable salad	Moong dal 60gm vegetable chilla green chutney vegetable soup	Soya chunk 40gm +rice 30gm vegetable 100gm Make vegetable pulao or chicken 100 gm + rice 30gm vegetable pulao chicken soup
10.00	One cup of vegetable soup		