

Liquid day 1

Week 2 17/6

Timing	Monday/Tuesday/wednesday
Morning 7pm	One glass of water + lemon juice (optional)+ pinch of dalchini powder
Mid-Morning 9-9.30	2 Almond + One Walnut (Soaked overnight)
Breakfast 10am 11am	One apple Coconut water
Mid meal 2pm	50 gm chana /paneer + 5-6 Manuka + One Anjeer_ + 3almond + one spoon of soaked chia seeds make smoothie
Lunch3- 4pm	One bowl vegetable salad + curd or Vegetable kadhi (curd 25gm low fat + besan 10gm + vegetables 50gm) Or chicken vegetable soup
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	Option 1 Jawar dalia 10-15gm+ mix dal 40gm vegetable 200gm Option 2 soya chunk atta 50gm + one spoon besan vegetable 100gm chilla Option 3 four egg white vegetable omelette 200gm

Timing	Thursday / friday / sunday
Morning 7pm	One glass of water + lemon water+ dhania seeds water
Mid-Morning 9-9.30	8-10 Almond + One Walnut (Soaked overnight)
Breakfast 10am 11am	One apple Coconut water
Mid meal 2pm	Moong sprouts 30gm lemon one onion one tomato
Lunch 4pm	Add three spoons of soaked chia seeds + two small spoon curd to make buttermilk or Add three spoons of soaked chia seeds + vegetable soup /plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	Option 1 Black chana 30gm+Panner 50gm vegetables salad or Option 2 Moong dal 40gm vegetable soup Option 3- fish/ chicken grilled 200gm vegetable salad

Fruit day