

Week 12 5/8

Days	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
7.30AM	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	Two egg whites boiled and vegetable 100gm salad		
1.00- 2..30PM	One big bowl vegetable salad 100gm + curd half katori Jowar Roti\ bajra roti / Ragi/Rajgira atta (30 gm) One katori sabzi Saturday fruit day		
3.30PM	Green tea		
4.30 PM	One fruit		
6.00PM	Green tea		
6.30- 7.00PM	Choely 30gm panner 20gm Vegetable salad Or chicken 100 gm vegetable salad + one roti	Moong dal 60gm vegetable chilla green chutney Or Besan 60gm vegetable chilla green chutney	Soya chunk 40gm vegetable 100gm Make chilla vegetable salad Or chicken 200 gm vegetable salad
10.00	One cup of vegetable soup		