

Week 16 2/9

Days	Monday /Wednesday Saturday liquid day	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
10.00-11.30AM 12pm	Two boiled egg One big bowl vegetable salad 100gm one katori curd Jowar Roti (60 gm)+sabji + two egg whites Saturday fruit diet		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and saunf Green tea		
4.30 PM	Green tea		
5.00PM	Mix seeds one spoon		
7.30-8.00PM	Moong Dal-50 gm paneer 30gmVegetables-150-160gm Make veg moong chill Or chicken 200gm vegetables salad marinated with curd and grilled	50 gm paneer + sevai 30gm salad vegetables sevai upma Or chicken 200gm vegetables salad marinated with curd and grilled	Massor Dal-50 gm+ besan 20gm Vegetable 150-160gm Make chilla Or chicken 200gm vegetables salad marinated with curd and grilled
10.30 pm	Vegetable salad		