

week 12

CTiming	CMonday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday /Sunday
5.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Vegetables soup/juice one glass		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm + Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Roti 60gm + 50g rajma dal vegetable salad	Rice 30gm + Choely 50gm Vegetable 150+200 gm	Panner 30gm soya chunks 30gm vegetable salad