

16 Week

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
4 am	One glass of water + +s lemon one spoon juice soaked saunf one spoon overnight		
5.00 am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Moong dal 30gm Vegetable sprouts	Mot sprouts 30gm Vegetable salad 150gm - 200gm	Rajma 30gm Vegetable salad 150-200gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Bhagar 30 gm+ moong dal 30gm Vegetable 150+200 gm dal bhaji	Chickpeas 40gm +one roti 30gm Vegetable 150+200 gm	Sewai 30gm Soya granules 30gm and vegetable 100-150gm Sewai vegetable upma
10- 10.30			