

Week 19 15/1

Timing	Monday/Wednesday Saturday liquid day day	Tuesday/ Thursday/ Sunday	Friday / Sunday
7.30am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
9.30	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
When ever feel hungry	Buttermilk+ one spoon 10gm chia seeds Detox water/ green tea		
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00- 12.30	Rajgira/Bajra /Ragi/ (60gm) roti Two egg white		
	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	3-4 ragi vegetable idli sambar	One besan(30g) vegetable chilla Chicken 100gm (4-5 pieces) Vegetable 150+200gm sabji	dal 50 gm make and bhagar 10gm vegetable khichad