

WEEK 13

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday
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	One fruit + egg white vegetable salad / sprouts30gm		
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 / (30gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable smabhar	Oats 30gm + three eggs white Vegetable 150+200gm upma	Chicken 200gm vegetable salad
10-10.30	Vegetable soup		