

WEEK20

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon juice one spoon +Pinch of dalchini powder		
	7-8 almond soaked overnight and remove its skin and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma or Two boiled egg white Vegetable 150-200 gm	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli/ moong salad or Two boiled egg whiteVegetable 150-200 gm	Poha 30 gm +Black chana 20gm steamed sauté vegetable 150- 200 gm Poha or Two boiled egg white Vegetable 150-200 gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon soaked 30min one spoon chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Chicken 100gm (4 medium sized pieces in very less oil) + rice 30gm + vegetable salad or Dalia 30gm+ moong dal 30gm Vegetable 150+200 gm  Make Dalia moong dal vegetable khichdi	Oats 30 gm+ paneer 30gm Vegetable 150+200 gm Oats vegetable upma	Chicken 100gm (4 medium sized pieces in very less oil)+one roti vegetable salad

10-10.30	
----------	--