

WEEK 12 (4/12/23)

| Timing | Monday/Wednesday Saturday | Tuesday/ Thursday/ Sunday | Friday egg day |
|----------------|---|---|--|
| 7am | Water one glass and lemon juice + one spoon of jeera soaked overnight | | |
| 10am | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 11am | THREE egg white | | |
| 12-1 | Buttermilk In one spoon 10gm chia seeds | | |
| 11-11.30 | Vegetable salad 150gm- 200 gm+ Curd one katori | | |
| 11.00- 1.30 | Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate | | |
| | सौंफ + अलसी(flax seeds) one spoon each GREEN TEA | | |
| 5-5.30 | + mix seeds (pumpkin watermelon sunflower seeds) | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00 | Rice 30gm + CHICKEN 100GM | Dalia 30gm + moong 50gm Vegetable 150+200gm upma | Chicken /FISH/ PRAWNS 200gm vegetable saladSTEAM OR GRILLED |
| 10-10.30 | Vegetable soup | | |