

Week 14 18/12

| Timing          | Monday/Wednesday<br>Saturday                                                                                                                                                                                                                                                                                                                                                   | Tuesday/ Thursday/<br>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           | two egg white                                                                                                                                                                                                                                                                                                                                                                  |                                                                     |                                                   |
| 11-1.30         | Vegetable salad 150gm- 200gm+ Curd one katori                                                                                                                                                                                                                                                                                                                                  |                                                                     |                                                   |
| 12.00-<br>12.30 | Jawar / Bajra /Ragi/ Wheat / (30gm) roti+ Dal 30gm<br>Sabji one plate                                                                                                                                                                                                                                                                                                          |                                                                     |                                                   |
|                 | <p>सौंफ + अलसी( flax seeds) one spoon each One glass of water +<br/>One spoon of saunf +two cup of water reduces it half by boiling<br/>or<br/>One spoon of Coriander seeds +two cups water boiling +half by boiling<br/>or<br/>One spoon methi dana overnight soaked in water one cup of water<br/>or<br/>One spoon of lemon juice pinch of dalchini powder/ jeera powder</p> |                                                                     |                                                   |
| 5-5.30          | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)                                                                                                                                                                                                                                                                                                                   |                                                                     |                                                   |
| 6PM             | ONE CUP GREEN TEA                                                                                                                                                                                                                                                                                                                                                              |                                                                     |                                                   |
| 6.00-6.30       | Rice atta one spoon<br>Masoor 50gm<br>vegetable salad<br>chilla                                                                                                                                                                                                                                                                                                                | Oats 30gm +<br>chana 30g sprouted m<br>Vegetable 150+200 gm<br>upma | Rice 30gm + 100g<br>chicken vegetable<br>khichadi |
| 10-10.30        | Vegetable soup                                                                                                                                                                                                                                                                                                                                                                 |                                                                     |                                                   |