

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 |