

Week 20 29/1

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
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		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (30gm) roti+Dal 30gm+Sabji one plate		
	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	bhagar 10gm + 50g moong dal vegetable 150gm make bhagar dal vegetable soup	Dalia 10gm + moong 50gm Vegetable 150+200gm dalia moong dal vegetable soup	chicken 100 gm vegetable salad
10-10.30			