

Week 21 12/2

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday <b>Thursday liquid day</b>	Friday Sunday
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	oats 10gm + 50g moong dal vegetable 150gm <b>make bhagar dal vegetable soup</b>	rice10gm + moong 50gm Vegetable 150+200 gm dalia moong dal vegetable soup or soya chunk 30gm + rice 30gm vegetable pulao	Chicken 200 gm vegetable salad
10-10.30			