

Week 16

Days	Monday/Wednesday/ saturday	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
10.00-11.30AM	Fruit 100gm		
12-12.30	One big bowl vegetable salad 100gm one katori curd		
1-1.30	Jowar Roti (60 gm) + dal 3 katori Sabji Saturday fruit diet		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flax Seeds and saunf Green tea		
4.30 PM	Green tea		
5.00PM	Mix seeds one spoon		
7.30-8.00PM	Masoor Dal 50 gm + 30g oats Vegetables-150-160gm Make veg dal khichdi	60 gm paneer + Oats 30gm salad with add Vegetables- 150-160gm	Mot Dal 30 gm + 30 gm soya granules + 30gm rice Vegetable 150-160gm Make veg dal pulao
10.30 pm			