

WEEK 11

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
6.30-7am	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	Sprouts 30gm or two egg white vegetable salad		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + 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	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable sambar	Massor 30 gm + BESAN 50GM Vegetable 150+200 gm CHILLA with pudina chutney	Roti 30gm  Chicken 100gm vegetable salad
10-10.30	Vegetable soup		