

Week 14

| 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 | Vegetable salad + two egg white / sprouts | | |
| 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 / (60m) 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 | Rice 30gm + 30gm masoor vegetables 200gm khichdi Make it semi solid | Moong 60gm Vegetable 150+200 gm chilla Or chicken 200 gm and 100-160gm vegetables salad | Choely 30gm soya granules 30gm vegetable 150+200 gm salad Or chicken 200 gm and 100-160gm vegetables salad |