

14 Week

Days	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + One spoon of saunf +two cup of water reduces it half by boiling One spoon of Coriander seeds +two cups water boiling +half by boiling One spoon methi dana overnight soaked in water one cup of water One spoon of lemon juice pinch of dalchini powder/ jeera powder		
9.30AM	10-11 almond, half walnut		
11.00AM	Jowar Roti/ bajra roti / Ragi/Rajgira atta (50 gm) Dal one katori One katori sabzi Saturday fruit day		
1.00-	Green tea/ vegetable soup one bowl		
2..30PM	One big bowl vegetable salad 100gm, sprouts 30gm one katori curd		
3.30PM	Pumpkin seeds one spoon		
4.30 PM	½ spoon chia seeds soaked in water for half an hour and add in one glass of water		
6.00PM	Green tea		
6.30-7.00PM	60 gm moong dal Vegetable chilla with chana dal chutney	Paneer 100gm Vegetable 100 gm Paneer tikka Or Paneer 50gm +choe 30gm Vegetable tikki or	Soya bean chunk 40gm Moong dal 20gm vegetable 100gm Make vegetable tikki

		chilla	
10.00	One cup of vegetable soup		