Week 16

Days	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
Days	saturday	Tuesday/ Thursday	Triday/Sanday
7 20454	,	(1	
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		
12-12.50	one big bow vegetable saida 100gm one kator eara		
1-1.30	Jowar Roti (60 gm) + dal 3 katori		
	Sabji		
	Saturday fruit diet		
11.30PM	Buttermilk + chia seeds one spoon		
11.50PW	Buttermink + 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	60 gm paneer + Oats 30gm	Mot Dal 30 gm + 30
	oats	salad with add Vegetables-	gm soya granules +
	Vegetables-150-160gm	150-160gm	30gm rice
	Make veg dal khichdi		Vegetable 150-160gm Make veg dal pulao
			iviake veg dai pulao
10.30 pm		<u> </u>	<u> </u>