

WEEK 18-19

| | Monday/Wednesday/Saturday | Tuesday/ Thursday | Friday /Sunday |
|------------|---|--|--|
| 6.45 -7 am | One glass of water + lemon juice ONE spoon + Pinch of dalchini powder /roasted jeera powder | | |
| | 7-8 almond and one walnut, one anjeer overnight soaked roasted khaskhas half teaspoon | | |
| 9-9.30 am | Rava/bhagar 30 gm + paneer 30gm Vegetable 150-200 gm Vegetable upma | Moong/masoor/mot sprouts /barbati 50g Vegetable 150-200 gm Steamed and sauteed | Poha /jowar atta 30gm vegetable 150-200 gm Poha + paneer 30gm Vegetable poha /jowar upma |
| 12-1 | COCONUT WATER/lemon water/buttermilk (optional)+ chia seeds one spoon | | |
| 1-1.30 | Vegetable salad 150gm- 200 gm Curd one katori | | |
| 2-2.30 | Two Wheat /jowar/bajra/ ragi (60gm) roti + Dal 30gm+Sabji one plate | | |
| 3pm | सौंफ + अलसी(flax seeds) one spoon each | | |
| 4-4.30 | Sabja seeds soaked one spoon in water | | |
| 5-5.30 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.30-8.00 | Dalia 30gm + moong dal 60gm Vegetable 150+200g + paneer 30gm Dalia Moong dal vegetables khichdi Or Two Roti and Three katori सब्जियों ki dal Jayada vegetables daliya | Oats 30 gm masoor dal 60gm + one boiled egg Vegetable 150+200 gm upma Or 30gm rice Vegetable 150+200 gm 4 boiled (one full + three white) pulao Two roti and masoor vegetables dal bhaji | Two roti moong dal 60gm Vegetable 150+200 gm Dal bhaji/ chicken 4-5 pieces Or rice 30gm + soya chunk 40-50 gm vegetable salad |
| 10-10.30 | Vegetable salad | | |