

Week 21

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.30	One glass of water + One spoon of lemon juice one saunf soaked overnight		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
10.00	One katori vegetables 100gm + curd 50gm		
11.00pm	Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabzi mostly use vegetables		
12.00	Buttermilk 200ml+ chia seeds 5gm		
2-3pm	Choely 30gm/barbati /moong steamed sauteed One bowl of Vegetable 100-150gm salad VegetableOne katori vegetables 100gm + curd 50gm	Masoor/mot chana sprouts 30gm soaked steamed sauteed Vegetable 100-150 gm vegetable chilla/idli/appe	3-4 besan dhokla /vegetable upma /vegetable poha /vegetable idli vegetable salad
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7.00-7.30PM	Rice/roti/oats /ragi/rajgira bhagar /dalia 40 gm + PANEER 50GM Vegetable100 -150gm pulao	Rava /besan /ragi/rajgira 40 gm Moong dal 50 vegetable Vegetable100 -150gm Uthappam	Oats 40gm Soya granules 30gm Vegetable 100-150 gm chilla / khichadi and pudina chutney
10.30 Pm	MILK 100ML		