

Week 11 29/7

Days	Thursday/Monday/Saturday	Tuesday/Sunday	Friday/Wednesday
6.30AM	One glass of water + one spoon of lemon juice pinch of jeera powder		
8.30AM	10-11 almond, One walnut		
9.30-10.00AM	Vegetable juices + 2 eggs white 1)Carrot beetroot juice one glass 2)Tomatoes + carrot + beetroot juice 3) Lauaki juice 4)Apple + beetroot pomegranate juice		
12.00	Jawar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm) Dal one katori One katori sabji one katori curd		
2.00-2.30PM	One big bowl vegetable salad 200gm,		
3.30PM	Pumpkin seeds one spoon + one fruit		
4.30 PM	½ spoon chia seeds soaked in water for half an hour and add in one glass of water		
6.00-7.00PM	Grilled Paneer 60gm + one moong dal chilla(30g) Vegetable salad	KODO RICE 30gm and panner 50gm salads Or Three Egg white vegetable pulao	200gm grilled chicken vegetables salad
10.00	One cup of vegetable soup		