## Week 17

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Days	Monday/Wednesday is liquid	Tuesday/Thursday	Friday/Sunday
	day		
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
8.30AIVI	7 o Alimona, nan wamat		
10.00-11.30AM	Two boiled egg		
12pm	One big bowl vegetable salad 100gm one katori curd		
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	Jowar Roti (60 gm)+sabji		
	Saturday fruit diet		
	Jacurday Hait aict		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and saunf Green tea		
4.30 PM	Green tea		
E OODNA	Miy soods and shoop		
5.00PM	Mix seeds one spoon		
7.30-8.00PM	Moong Dal-50 gm bhagar	50 gm paneer + oats 30gm	Moong Dal-50 gm+
	30gm	salad with add vegetables	besan 20gm
	Vagatables 150 160gm	upma	Vegetable
	Vegetables-150-160gm		150-160gm
	Make veg dal khichdi		Make chilla
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10.30 pm	Vegetable salad		