

Week 19

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.30 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 10.30 AM	Moong dal 30gm  One bowl of Vegetable 100-150gm salad  <b>Vegetable moong dal appe OR sauteed</b>	Rava 30gm + besan 20gm+Vegetable salad 100-150gm  <b>Vegetable rava dosa/ vegetable rava idli</b>	Three egg white  Vegetable 100-150gm  <b>vegetable omelette</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2.00pm	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)  Dal one katori (30gm)  One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water	Ajwain and til	
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7.00- 7.30PM	Rice 40gm  Panner 50gm  vegetable 150-160gm  <b>panner pulao and kadhi</b>	Ragi 40 gm+ Moong dal 50gm Vegetable 150-160gm  <b>Ragi moong dal vegetable chilla</b>	Roti 40 gm  Vegetable150-160gm  Panner 50gm vegetable bhurji
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		