

Week 13

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Vegetable juices 1)Carrot beet root juice one glass 2)Tomatoes + carrot+ beet root juice 3) Lauaki juice 4)Apple+ beet root+ pomegranate juice		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti  Dal 30gm  Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Bhagar 30gm + 30g moong dal vegetable khichadi  kadhi	Rava30gm + moong 30gm  Vegetable 150+200gm uttapam	Jawar roti 30gm  Fish 100gm  vegetable salad
10-10.30	Vegetable soup		