

Week 14 18/12

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday
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	two egg white		
11-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00- 12.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti+ Dal 30gm Sabji one plate		
	<p>सौंफ + अलसी( flax seeds) one spoon each One glass of water + One spoon of saunf +two cup of water reduces it half by boiling or One spoon of Coriander seeds +two cups water boiling +half by boiling or One spoon methi dana overnight soaked in water one cup of water or One spoon of lemon juice pinch of dalchini powder/ jeera powder</p>		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
6.00-6.30	Rice atta one spoon Masoor 50gm vegetable salad chilla	Oats 30gm + chana 30g sprouted m Vegetable 150+200 gm upma	Rice 30gm + 100g chicken vegetable khichadi
10-10.30	Vegetable soup		