

WEEK 12 2/9

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	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		
10- 11	Buttermilk + one spoon 10gm chia seeds		
11-11.30	Vegetable salad 150gm- 200 gm + Curd one katori		
12.00- 12.30	Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm +(one full + one white) egg Sabji one plate		
3pn	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Rice / roti30gm + 60g moong dal vegetable khichdi kadhi	Dalia 30gm ,/ bhagar + moong 50gm Vegetable 150+200 gm upma	Rice/ Oats 30gm soya granules 30gm vegetable salad
10-10.30	Vegetable soup		