

Week 14 16/9

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday /Sunday
6.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Vegetables soup/juice one glass		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) 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	Roti 60 gm + 50g rajma dal vegetable salad	Rice 30gm + Choely 60gm Vegetable 150+200 gm	Panner 60gm soya chunks 30gm vegetable salad