

Week 12 19/8

Days	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
7.30AM	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		
8.30AM	7-8 almond, half walnut		
9-10AM	FRUIT 100 GM		
1.00-	One big bowl vegetable salad 100 gm + curd half katori		
2..30PM	Jowar Roti/ bajra roti / Ragi/Rajgira atta (30 gm) One katori sabzi Saturday fruit day		
3.30PM	Green tea		
4.30 PM	One fruit		
6.00PM	Green tea		
6.30-7.00PM	Choely 30gm panner 20gm Vegetable salad	Moong dal 60gm vegetable chilla green chutney	Soya chunk 40gm vegetable 100gm Make vegetable salad
10.00	One cup of vegetable soup		