

Week 13 26/8

Days	Monday/Wednesday/ saturday	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30AM	7-8 Almond, half walnut		
10-11am 12-1 2-2.30pm	Fruit 100gm One big bowl vegetable salad 100gm one katori curd Jowar Roti (60 gm) sabji, Saturday fruit diet		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flax Seeds and saunf Green tea		
4.30 PM	Green tea		
5.00PM	Mix seeds one spoon		
7.30- 8.00PM	Moong Dal-50 gm + 10g rice Vegetables-150-160gm Make veg dal khichdi Or moong dal 60mg vegetable soup	30 gm paneer + chickpeas 30gm salad with add vegetables Or make vegetable tikki	Moong Dal-50 gm+ 10g soya granules Vegetables-150- 160gm Make veg dal khichdi
10.30 pm			