

14 week 2/9

| | Monday /Wednesday | Tuesday/ Thursday lemon one spoon juice | Friday/ Sunday |
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| 7-8 | One glass of water + lemon one spoon juice + one spoon of methi dana soaked in water Overnight | | |
| 8-9 | 5-6 almond and one walnut, roasted khaskhas half teaspoon | | |
| | Buttermilk 500 ml+ one spoon 10gm chia seeds + two boiled eggs white vegetables salad | | |
| 10-11 | Vegetable salad 150 gm- 200 gm steamed curd | | |
| 11-12 | Sattu ki roti/ Ragi ka roti/ Jowar ki roti(60gm) Dal 20gm Sabji one plate | | |
| 4pm | Green tea/ Black tea /Black coffee | Black tea /Green tea/ Black coffee | Black coffee /Green tea/ Black tea |
| 5pm | Coconut water | | |
| 6pm | सौंफ + अलसी(flax seeds) one spoon each | | |
| | Pumpkin seeds one spoon | Watermelon seeds one spoon | Sunflower seeds one spoon |
| 6-7pm | Paneer 100 gm Vegetable 100-150 gm STEAMED AND SAUTEED ONE ROTI | 3-4 MOONG DAL CHILLA or moong dal vegetable idli and sambar | MOT 60 GM + paneer 50 gm SPROUTED STEAMED VEGETABLE SALAD |
| 10pm | VEGETABLE SOUP | | |