

Week 10(1/7/23)

Timing	Monday/Wednesday/ Saturday fruit day	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + pinch of jeera powder + lemon juice one spoon optional		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30_ 10	wheat 30gm roti dal 30gm add Sabji dal bhaji	jawar roti 30gm + dal one katori One sabji	Jawar roti 30gm + dal one katori One sabji
In between	Buttermilk 500ml+ chia seeds		
1pm	One katori curd and vegetable salad	fruit One katori curd	fruit One katori curd
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7pm	Oats 30gm + panner 30gm vegetable 200gm soup	Rice 40gm + 20gm moong dal vegetable 200gm vegetable soup	One roti 30gm dal bhaji
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup+ kabi pro + tab ato z once aday		