

WEEK 10

Timing	Monday/Wednesday/ Saturday full day liquid day 2	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon water ++ soaked methidana overnight		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Fruit 100gm	Ragi atta one spoon + milk 50ml + one fruit + one apple khajoor water + one spoon-soaked chia seeds Make smoothie	Fruit 10gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ mix seeds one spoon		
7.00- 7.30	MASOODAL 60GM 0gm Vegetable 150+200gm Make Moong dal vegetable chilla	BHAGAR 30GM + MOONG DAL 50GM BHAJI Vegetable 150+200gm	OATS 30GM + PANNER 50gm add vegetable UPMA
10- 10.30			