

Week 10

Days	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
9.00AM	One glass of water + one spoon of ACV (apple cider vinegar)		
12NOON	Coconut water/ Green tea/ Buttermilk/soymilk		
1.00pm	One katori vegetable salad curd		
2.00- 2.30PM	Jawar Roti/ bajra roti / Ragi/masoor chilla (30 gm) One katori sabji mostly use vegetables One katori curd		
4.30PM	Flax seeds one spoon One big bowl vegetable salad 100gm, one katori curd		
5.30 PM	One fruit 100gm+ mix seeds (pumpkin +sunflower+ watermelon)		
6.30PM	Green tea		
7.00- 7.30PM	30gm besan 30gm moong dal palak chilla Vegetable soup	Dal 60gm vegetable soup	Chicken 200gm Vegetable salad