

WEEK 10 (7/10/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday	Friday / Sunday
5.30-7am	Water one glass and lemon juice + one spoon of methidana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Protein supplement (one scoop) or four egg white		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		Rice 30gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable chilla and chana dal chutney	Dalia 30gm + panner 50gm Vegetable 150+200gm upma	Rice 30gm+ masoor 50gm Vegetable chilla and pudina chutney
10-10.30	Vegetable soup		