

10Week 8/7

| | Monday /Wednesday | Tuesday/ Thursday | Friday/ Sunday |
|-------|---|--|---|
| 7-8 | One glass of water + lemon water + one spoon of methidana soaked in water Overnight | | |
| 8-9 | 5-6 almond and one walnut, roasted khaskhas half teaspoon | | |
| | Butter milk 500ml+ one spoon 10gm chia seeds | | |
| 11-12 | Vegetable salad 150gm- 200gm steamed+ curd | | |
| 12pm | ONE JAWAR ROTI Dal 30gm Vegetable SAMBHAR | Rice 30gm + Moong /tuvar 30gm + Vegetable150gm | Jawar /bajra 30gm roti Dal 30gm 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 | Panner 100gm Vegetable 100- 150gm STEAMED AND SAUTED+ ONE ROTI | 3-4MOONG DAL CHILLA | MOT 60GM SPROUTED STEAMED VEGEGTABLE SALAD |
| 10pm | VEGETABLE SOUP | | |