

WEEK 10 (10/6/23)

| Timing        | Monday/Wednesday<br><b>Saturday liquid day</b>                                    | Tuesday/ Thursday/ Sunday  | Friday egg day   |
|---------------|---|--|--|
| 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  |  |  |
| 12-1          | Buttermilk+ one spoon 10gm chia seeds   |  |  |
| 1-1.30        | Vegetable salad 150gm- 200gm+ Curd one katori                                     |  |  |
| 2.00-2.30     | One roti<br>Dal 30gm vegetable bhaji  |  | Rice 30gm+ three egg<br>white Vegetable<br>150+200gm<br>Make eggs vegetable<br>pulao |
|               | सौंफ + अलसी( flax seeds) one spoon each   |  |  |
| 5-5.30<br>6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA |  |  |
| 7.00-7.30     | Chicken or fish 200gm<br>steamed or grilled Vegetable<br>salad without oil        | Chicken or fish 200gm<br>steamed or grilled<br>Vegetable salad without oil | Chicken or fish 200gm<br>steamed or grilled<br>Vegetable salad<br>without oil        |
| 10-10.30      | Vegetable soup  |  |  |