

10 Week(4/12/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	50ml of water + soaked methidana overnight		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	One fruit and milk		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-3pm	Jawar dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi	Oats 30gm + besan 30gm roti sabji Vegetable100-150gm	mix dal vegetable sambhar one katori Jawar dosa 60gm add grated lauki Vegetable100-150gm
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	Kodo rice 30gm+ moong dal 30gm Vegetable 150+200gmdal bhaji Make kodo rice moong dal vegetable dal bhaji	Chick peas pasta 30gm +soya granules 30gm Vegetable 150+200gm	Sewai 30gm Choely 30gm and vegetable 100-150gm Sewai vegetable upma
10- 10.30	Milk 100ml turmeric		