

10Week 4/12

	Monday /Wednesday	Tuesday/ Thursday lemon one spoon juice	Friday/ Sunday
7-8	One glass of water + lemon one spoon juice + 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 /tuar 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		