

WEEK 10(19/8/23)

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
	Two egg whites' boiled egg vegetable		
When ever feel hungry	Buttermilk+ one spoon 10gm chia seeds		
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00-12.30	Moong dal vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Rice 30gm and choely 40gm Vegetable salad
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Chicken or fish 200gm steamed or grilled Vegetable salad	Moong 30gm vegetable dal and one roti	Four eggs white vegetable omlete
10-10.30	Vegetable soup		