

WEEK 10 (10/6/23)

Timing	Monday/Wednesday Saturday liquid day	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 Dal 30gm vegetable bhaji		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm + PANEER 50GM VEGETABLE 100-200GM PULAO	ROTI 30gm + CHOELY 50GM VEGETABLE 100-200GM	Rice 30gm + RAJHMA 50GM VEGETABLE 100- 200GM
10-10.30	Vegetable soup		