

WEEK 10

| Timing    | Monday/Wednesday<br><b>Saturday liquid day</b>                            | Tuesday/ Thursday  | Friday /sunday  |
|-----------|---|--|---|
| 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     | Fruits 100gm+ milk / sprouts 30gm / three egg white vegetable salad       |  |   |
| 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 sabji                                |  | Rice 30gm+ three egg white Vegetable 150+200gm<br>Make eggs vegetable pulao |
|           | सौंफ + अलसी( flax seeds) one spoon each                                   |  |   |
| 5-5.30    | mix seeds (pumpkin watermelon sunflower seeds)                            |  |   |
| 6PM       | ONE CUP GREEN TEA   |  |   |
| 7.00-7.30 | Panner 100gm steamed or grilled Vegetable salad without oil               | Chicken or fish 200gm steamed or grilled Vegetable salad without oil | Chicken or fish 200gm steamed or grilled Vegetable salad without oil        |
| 10-10.30  | Vegetable soup  |  |   |