

WEEK 10

| Timing | Monday/Wednesday Saturday liquid day | Tuesday/ Thursday | Friday / Sunday |
|-----------|--|---|---|
| 5.30-7am | Water one glass and lemon juice + one spoon of methi dana soaked overnight | | |
| 7-8.30am | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Handful of (moong/mo/black chana)sprouts steamed or two boiled egg white | | |
| 12-1 | Buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200 gm + Curd one katori | | |
| 2.00-2.30 | Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate | | |
| | 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 | Two vegetable idli and have vegetable sambar as much as u want | Dalia 30gm + paneer 50gm Vegetable 150+200 gm upma | Rice 30 gm + masoor 50gm Vegetable chilla and pudina chutney |
| 10-10.30 | Vegetable soup | | |