

WEEK 10

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
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	Two egg white / 30gm vegetables sprouts vegetables salad		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm Curd one katori		
2.00-2.30	One roti Dal 30gm vegetable bhaji		Rice 30 gm+ three egg white Vegetable 150+200 gm Make eggs vegetable pulao
	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	Bhagar 30 gm + paneer 30cm Vegetable upma	Oats 30g+besan 50gm vegetable chilla and tomato chutney	Two idli and vegetable sambar (30gm dal +200gm veg)
10-10.30	Vegetable soup		