

WEEK 10 22/7

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday/ Thursday/ Sunday	Friday egg day
6.30-7am	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	One cup of milk and handful of makhana		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150cgm- 200 gmc+ 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 30gm  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		