

Week 10 1/4

	Tuesday /Monday Thursday	Saturday Wednesday	Friday/Sunday
8 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Before going to college	Vegetables salad and one small katori curd		
Before going to college	One jowar roti 30gm + One katori dal30gm vegetable + sabji		
carry	Fruit 100gm		
In college	Flax seed one spoon with saunf one spoon + one glass of water		
	Two egg white vegetable salad		
	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8 pm	Moong dal 60g vegetable 100-160gm chilla Vegetable soup	Vegetable 150gm salad three egg vegetable bhurji /choley 50gm vegetable salad	Chicken 200gm steam vegetable paneer 100 gm paneer tikka vegetable