

WEEK 10 22/7

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of methidana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer		
10 am	Protein supplement (kabipro two scoop) or two egg white		
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 (2 white + one full) 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	Chicken or fish 200gm steamed or grilled Vegetable salad without oil Or soya chunk 50gm + vegetable chilla	Moong dal 60gm vegetable soup	Chicken or fish 200gm steamed or grilled Vegetable salad without oil Or rajma 30g + paneer 30gm vegetable salad
10-10.30	Vegetable soup		