

Week 10 22/7

	Tuesday /Monday Thursday	Saturday Wednesday	Friday/Sunday
7-8 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		
9-10	fruit	Two egg white	Two egg white
1pm	Vegetables salad and one small katori curd		
2-3 PM	One jowar roti 30gm + One katori dal 30gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8 pm	Moong dal 80 gm Vegetable 100-160gm Soup	Vegetable 100- 150gm salad three egg vegetable bhurji + one roti	Chicken 200 gm steam Vegetable 100- 150 gm rice 30gm