

10 Week

|       | Monday /Wednesday   | Tuesday/ Thursday<br>lemon one spoon juice          | Friday/ Sunday  |
|-------|---|---|---|
| 7-8   | One glass of water + lemon one spoon juice + one spoon of methidana soaked in water Overnight |   |   |
| 8-9   | 5-6 almond and one walnut, roasted khaskhas half teaspoon                                     |   |   |
|       | Butter milk 500ml+ one spoon 10gm chia seeds  |   |   |
| 11-12 | Vegetable salad 150gm- 200gm steamed+ curd  |   |   |
| 12pm  | <b>ONE JAWAR ROTI</b><br>Dal 30gm Vegetable<br>SAMBHAR  | Rice 30gm + Moong<br>/tuar 30gm +<br>Vegetable150gm | Jawar /bajra 30gm roti<br>Dal 30gm<br>Sabji one plate |
| 4pm   | Green tea/ Black tea /Black<br>coffee   | Black tea /Green tea/<br>Black coffee               | Black coffee /Green<br>tea/ Black tea                 |
| 5pm   | Coconut water   |   |   |
| 6pm   | सौंफ + अलसी( flax seeds) one spoon each   |   |   |
|       | Pumpkin seeds one spoon   | Watermelon seeds one<br>spoon                       | Sunflower seeds one<br>spoon                          |
| 6-7pm | Panner 100gm Vegetable<br>100-150gm STEAMED AND<br>SAUTED+ ONE ROTI                           | 3-4MOONG DAL<br>CHILLA                              | MOT 60GM SPROUTED<br>STEAMED<br>VEGEGTABLE SALAD      |
| 10pm  | VEGETABLE SOUP  |   |   |