

WEEK 10

Timing	Monday/thursday Saturday liquid day	Tuesday/ /Wednesday	Friday / Sunday
7am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
	fruit		
10 am	Sprouts 30gm vegetable salad	Two egg whites' boiled egg vegetable	Two egg whites' boiled egg vegetable
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Soya granules 40gm + rice one spoon vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Rice 30gm and choely 40gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts 30gm and soya chunk sauteed 30gm salad	Chicken or fish 200gm steamed or grilled Vegetable salad	Panner 30gm+ oats 50gm chilla vegetable
10-10.30	Vegetable soup		