

WEEK 10 28/10

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday
6.30-7am	Water one glass and lemon juice + one spoon of methi dana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Sprouts 30gm or two egg white vegetable salad		
12-1	Buttermilk In one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 20gm + Sabji one plat		
	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	Rice 30gm + PANEER 50GM VEGETABLE 100-200 GM PULAO KADHI	ROTI 30gm + CHOELY/moong dal 50GM VEGETABLE 100-200 GM SABJI	Rice 30 gm + RAJMA /masoor 50GM VEGETABLE 100-200 GM PULAO/CHILLA AND KADHI
10-10.30	Vegetable soup		