

WEEK 10

| Timing | Monday/Wednesday Saturday liquid day | Tuesday/ Thursday | Friday /sunday |
|-----------|---|--|---|
| 7am | Water one glass and lemon juice + one spoon of methidana soaked overnight | | |
| 7-8.30am | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Fruits 100gm+ milk / sprouts 30gm / three egg white vegetable salad | | |
| 12-1 | Buttermilk+ one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2.00-2.30 | One roti Dal 30gm vegetable bhaji sabji | | Rice 30gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao |
| | 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 | Panner 100gm steamed or grilled Vegetable salad without oil | Chicken or fish 200gm steamed or grilled Vegetable salad without oil | Chicken or fish 200gm steamed or grilled Vegetable salad without oil |
| 10-10.30 | Vegetable soup | | |