

WEEK 10 19/8

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday	Friday / Sunday
5.30-7am	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	Handful of (moong/mo/black chana)sprouts steamed or two boiled egg white		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		
	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	Two vegetable idli and have vegetable sambar as much as u want Or 4 egg white vegetable rice 30gm pulao	Dalia 30gm + paneer 50gm Vegetable 150+200 gm upma	Rice 30 gm + masoor 50gm Vegetable chilla and pudina chutney
10-10.30	Vegetable soup		