

Week 10 5/8

	Monday/ Tuesday/ Thursday	Saturday Wednesday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9-10	fruit	Fruit	Two egg white
1pm	Vegetables salad and one small katori curd		
2-3 PM	One jowar roti 30gm + One katori dal 30 gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8 pm	Moong dal 60g vegetable 100-160gm Soup	Vegetable 150gm salad Three egg vegetable bhurji + one roti	Chicken 200gm steam Vegetable 150-200 gm