

Day 22

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230 Cal

Food Item	Cooked Quantity	Raw quantity
Vegetable vermicelli	150gm	30gm vermicelli

Mid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per day

Lunch 350 Cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour
French beans sabji	150gm	100gm beans, 20gm onion tomato
Green salad	150gm	

Evening Snack 120 Cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM 310cal

Food Item	Quantity cooked	Raw Quantity
Moong Dal kabab	4 Pc	60gm moong Dal, 30gm Besan,
Green chutney	15gm	100gm veggies
Salad	150gm	

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	Sunflower, watermelon, pumpkin
Mixed seeds	15gm	

Take steam (10-15 mins)

Day 23

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 400 Cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Uttapam	2	50gm suji, 20gm onion, carrot, capsicum, paneer

Mid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per day

Lunch 230cal

Food Item	Cooked Quantity	Raw quantity
Chana Pulao Cucumber Raita	200gm 130gm	15gm Chana, 30gm rice 50gm cucumber, 100gm curd

Evening Snack 120cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM 260cal

Food Item	Quantity cooked	Raw Quantity
Missi Roti	2	20gm each wheat, besan, mung dal
Curd	100gm	

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Mixed seeds	150ml 15gm	Sunflower, watermelon, pumpkin

Take steam

Day 24Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast**145 cal**

Food Item	Cooked Quantity	Raw quantity
Vegetable Sandwich	2 slices	20gm paneer, 10gm carrot, capsicum, onion, tomato

Mid -Morning**180cal**

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per day

Lunch**400cal**

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour
Lobia Sabzi	150gm	30gm lobia
Salad	150gm	

Evening Snack 120 Cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM**345cal**

Food Item	Quantity cooked	Raw Quantity
Green pav bhaji	150gm bhaji	2 whole wheat Pav, 15gm chickpeas, 25gm pea, 25gm spinach, 25gm

Before Bed**210cal**

Food Item	Cooked Quantity	Raw Quantity
Hal di milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Take steam 10-15 mins

Day 25Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230 calories

Food Item	Cooked Quantity	Raw quantity
Sabudana Khichadi	100gm	30gm Sabudana, 20gm potato, Peanuts

Mid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per dayLunch 360

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Cauliflower sabji Salad Buttermilk	2 150gm 150gm 150ml	60gm flour 100gm cauliflower 20gm onion tomato

Evening Snack 120 Cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water

Dinner: 8 PM 300cal

Food Item	Quantity cooked	Raw Quantity
Chickpeas salad	200gm	50gm Chickpeas, 150gm veggies

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Take steam for 10-15 mins

Day 26

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230

Food Item	Cooked Quantity	Raw quantity
Rava Idli Vegetable Sambar	2 100gm	(40gm Dal + 60gm Veggies)

Mid -Morning180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per day

Lunch360

Food Item	Cooked Quantity	Raw quantity
Kabuli Chana Biryani	200gm	Brown Rice 60gm + 60gm chana +40gm curd
Mint Chutney	2tbsp	
Salad	150gm	

Evening Snack120cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water

Dinner: 8 PM300cal

Food Item	Quantity cooked	Raw Quantity
Moong Dal And Spinach Soup Salad	200gm 150gm	50gm Moong dal + Spinach 80gm

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Take steam 10-15 mins

Day 27**Early morning: 7 to 8 am**

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast230

Food Item	Cooked Quantity	Raw quantity
Ragi Balls/Mudde Coconut Chutney	2 1tbsp	20gm (ragi)

Mid -Morning180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per day

Lunch360

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Carrot peas veggie Salad Buttermilk	2 150gm 150gm 150ml	60gm flour 50gm carrot, 50gm peas, 50gm onion tomato

Evening Snack120cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water

Dinner: 8 PM300cal

Food Item	Quantity cooked	Raw Quantity
Mixed Beans salad	200gm	80gm Beans, 120gm veggies

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Take steam 10-15 mins

Day 28

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast230

Food Item	Cooked Quantity	Raw quantity
Green Moong Dal Appe Mint Chutney	4 - 6 1tbsp	Moong dal 50gm + Veggies 50gm

Mid -Morning180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Ensure water intake 3-4 litres per day

Lunch360

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Vegetable Korma	2 150gm	60gm flour 100gm Veggies 20gm onion tomato
Salad Buttermilk	150gm 150ml	

Evening Snack120cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water

Dinner: 8 PM300cal

Food Item	Quantity cooked	Raw Quantity
Ragi Beetroot Chilla	2 small	Ragi flour 50gm Beetroot grated 50gm
Mint Chutney Buttermilk	1tbsp 150ml	

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Take steam 10-15 mins