

**Day 8****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Millet dosa stuffed with paneer + coconut chutney	3 pc+15gm	Dosa (30gm millet,20gm urad dal), filling (50gm paneer,50gm veggies)

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mix veg sabzi+ multigrain roti + cucumber raita	250gm+ 3 medium +200gm	(veggies any -250gm), flour-100gm, raita (100gm cucumber,100gm curd)

Take khada drink -150ml

**Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

Ensure water intake 3-4 litres per day

**Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Quinoa salad	300gm	Quinoa-80gm,veggies-160gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins**Day 9****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Apple oats smoothie	350ml	Apple-90gm, oats-40gm, milk-200ml, nuts and mix seed each 10gm
Veggies poha +mix fruit nuts salad	200gm+150gm	Poha (40gm poha,120gm veggies) + salad (fruits 100gm, nuts -10gm ,40gm yogurt)

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer sabzi +multigrain roti + salad +curd	200gm+3 medium +100gm + 100gm	Sabzi (80gm paneer,120gm veggies) + flour 100gm

Take khada drink -150ml

**Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

Ensure water intake 3-4 litres per day

**Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Beetroot or carrot millet chilla + green chutney	3 mediums +20gm	Chilla (50gm beetroot /carrot ,60gm millet,80gm other veggies)

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 10**

**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Hung curd sandwich	2 sandwiches	4 slice, 100gm curd, Veggies-150gm ,cheese 15gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Palak paneer rice +veggies raita	350gm+200gm	Rice(paneer-100gm, palak-100gm , rice-50gm) + raita(100gm vegies and curd each)

Take khada drink -150ml

**Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

**Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggie's rajma tikki +green chutney +salad	5 pc +20gm+ 150gm	Tikki (100gm veggies ,60gm rajma , 30 gm besan )

Ensure water intake 3-4 litres per day

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

- Take steam for 15 mins

**Day 11****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Yogurt fruit bowl	350gm	Yogurt-150gm, fruit-160gm, mixed seed 15gm, nuts-15gm,peanutbutter 10gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Buttermilk curry + rice +moong salad	250ml+ 180gm+250gm	Curry (buttermilk-250ml, besan 20gm)+ rice-100gm+ salad(50gm moong,150gm salad)

Take khada drink -150ml

**Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

**Ensure water intake 3-4 litres per day**

**Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Pasta salad	250gm	Gluten free Pasta-60gm, yogurt 50gm, cheese-30gm, veggies-150gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins**Day 12****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mix berries smoothie + peanut butter with rice crackers	300ml+20gm+2 slice	Smoothie (berries-100gm,milk 200gm)

Take zinc and vitamin C supplement**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad	180gm	Salad- 20gm chana ,150gm salad

(add lemon juice)		
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#### **Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer quinoa pulao + beetroot raita	350gm+200gm	Pulao (80gm paneer,quinoa 80gm,veggies 150gm)

Take khada drink -150ml

#### **Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

Ensure water intake 3-4 litres per day

#### **Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Coleslaw salad + veggies soup	300gm +200ml	Salad (200gm veggies,150gm yogurt)

#### **Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

#### **Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

### **Day 13**

#### **Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice

Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)
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### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Masala oats + soaked almonds and walnuts	350gm +15gm	Oats-100gm, veggies -150gm
Veggie's vermicelli + soaked almonds and walnuts	350gm+15gm	Vermicelli-100gm, veggies-150gm

### **Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

### **Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Rajma + rice + salad + curd	250gm + 180gm +150gm+ 100gm	Rajma -70gm +rice -100gm

Take khada drink -150ml

### **Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

### **Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Sweet corn mushroom stir fry with roasted paneer/tofu	250gm +120gm	Sweet corn-50gm ,mushroom 100gm,other veggies -100gm

Ensure water intake 3-4 litres per day

### **Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)



**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 14****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Hummus with toast + kiwi pineapple smoothie	50gm+3 slice+300ml	Smoothie (100gm each with water,10gm chia seeds)

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
cauliflower sabzi + dal+ multigrain roti +salad +curd	200gm+180ml+3 medium+100gm+100gm	Dal-50gm+flour-100gm

Take khada drink -150ml

**Evening Snack(200kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+20gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+20gm	50gm curd in water

Ensure water intake 3-4 litres per day

**Dinner(370kcal)**

Food Item	Cooked Quantity	Raw Quantity
Falafel wrap	1 Whole + ½	Flour-80gm,veggies 100gm,chickpea 60gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins