

**Day 15****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Guacamole with toast +mix fruits	50gm +3 slices +200gm	

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Moong dal +rice + stir fry veggies +curd	250ml+180gm+200gm+100gm	Dal-60gm + rice-100gm

Take khada drink -150ml

**Evening Snack(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Ensure water intake 3-4 litres per day

**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer tikka with veggies	350gm	150gm paneer, 200gm veggies

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-

Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice
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#### **Before Bed(200kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

### **Day 16**

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

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggies uthappam +coconut chutney	3 mediums +20gm	Rava-100gm,veggies-150gm

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

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

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

Food Item	Cooked Quantity	Raw Quantity
Steamed quinoa + kidney bean salad +curd /yogurt	180gm+250gm+100gm	Quinoa-100gm, beans-60gm, salad 150gm

Take khada drink -150ml

#### **Evening Snack(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk

Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)
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Ensure water intake 3-4 litres per day

#### **Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
minestrone soup + moong sprouts salad	350ml +250gm	Soup (60gm gluten free pasta, 150gm veggies)+ salad (60gm moong,120gm salad)

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

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

#### **Before Bed(200kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

### **Day 17**

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

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mix fruit bowl + chana sprouts salad	250gm +250gm	Salad-40gm,150gm salad

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

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt

Carrot cucumber sticks (use lemon juice on top)	300gm	-
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### Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer chick pea wrap +veggies raita	1 whole + ½	Wrap (Flour-80gm,paneer 60gm,chick pea-30gm,veggies 120gm) + raita (100gm each veggies and curd)

Take khada drink -150ml

### Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Ensure water intake 3-4 litres per day

### Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggie's moong dal daliya khichdi +salad	350gm+150gm	Veggies-150gm, dal-50gm, daliya 50gm

### Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

### Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

## **Day 18**

### Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
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Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Avocado mango toast	4 slices	Avocado-80gm,mango-80gm, 100gm other veggies ,4 slice bread

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

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

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

Food Item	Cooked Quantity	Raw Quantity
Bean's quinoa salad +curd/yogurt	350gm +120gm	40gm bean,80gm quinoa ,150gm veggies

Take khada drink -150ml

#### **Evening Snack(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

#### **Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Carrot broccoli stir fry with feta cheese +tomato soup	300gm +200ml	100gm each carrot and broccoli +80gm feta cheese

Ensure water intake 3-4 litres per day

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

**Before Bed(200kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 19****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chia pudding	350gm	Chia seeds-15gm,milk-180ml,any fruit-150gm ,walnuts-15gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chapati noodles + carrot raita	300gm+200gm	Flour-100gm,veggies-220gm+ raita (100gm each carrot and curd)

Take khada drink -150ml

**Evening Snack(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Ensure water intake 3-4 litres per day

**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Green moong dal dosa + coconut chutney	4 plain paper dosa +25gm	Dosa (moong dal -40gm, rice 60gm)

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

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

**Before Bed(200kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 20****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Peanut butter apple oats smoothie	300ml	Butter-10gm, apple-100gm, milk 180ml, oats-20gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chick pea sandwich	2 sandwiches	Chick pea-40gm, veggies-100gm,4 slice bread ,curd 80gm

Take khada drink -150ml

**Evening Snack(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Lemon coriander soup + hara bhara kebab	200ml+ 6 pc	Kebab (moong dal-60gm,besan 30gm,veggies-100gm)

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Ensure water intake 3-4 litres per day

**Before Bed(200kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins



**Day 21****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Oats sattu upma	300gm	Oats-40gm,sattu-40gm,veggies 150gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

**Lunch(500kcal)**

Food Item	Cooked Quantity	Raw Quantity
Dal+ bhindi sabzi+ multigrain roti +salad+ curd	150gm+150gm+3 mediums+100gm+100gm	Dal-50gm + flour-100gm

Take khada drink -150ml

**Evening Snack(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Ensure water intake 3-4 litres per day

**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Cauliflower rice +tomato curry + paneer salad	200gm+150gm+200gm	Salad(80gm paneer,120gm veggies)

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

**Before Bed(200kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins