



N O W & F O R E V E R

Day 1

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts + almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc
Lukewarm lemon water + soaked black raisins + walnuts + almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc

Breakfast(450kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Overnight soaked oats with apple	300gm	Oats-50gm, milk-150ml, seeds-10gm, nuts-10gm, fruit -80gm
Nut butter toast topped with fruits and nuts, seeds	4 slices	Nut butter-30gm, bread-4 slice, fruit (banana, apple)-150gm, nuts and seed each 10gm

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Healthy Mexican bowl with salads +curd/yogurt	350gm +150gm+80gm	Rice-80gm, beans-40gm, veggies 150gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Mix fruits + soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Ensure water intake 3-4 litres per day

Dinner(380kcal)

Food Item	Cooked Quantity	Raw Quantity
Vegetable egg wrap	1 whole + ½	Flour for wrap-80gm, veggies 150gm, egg-2 white,1 whole

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins

Day 2**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc

Breakfast(450kcal)

Food Item	Cooked Quantity	Raw Quantity
Corn capsicum paneer toast	4 slices	Veggies-100gm, paneer-100gm, bread-4 slice

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
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Stir fry Veggies with steamed quinoa added with lentils +curd/yogurt	300gm +200gm+100gm	Veggies -250gm, quinoa-60gm, lentils-40gm
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Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Mix fruits +soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Dinner(380kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Soya granules Tikki + green chutney + salad	5pc +15gm+150gm	Tikki (Soya granules-80gm, besan 40gm, veggies-100gm)
Grilled chicken with stir fry veggies	200+250gm	-

Ensure water intake 3-4 litres per day

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins

Day 3

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc

Breakfast(450kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Oat's banana berries pancake with nut butter spread topping with mixed seeds	2 mediums +15gm+10gm	Pancake (Oats -60gm, milk-80ml ,1 whole egg, banana and berries - 100gm)
Scrambled eggs with toast	4 white+ 3slice	-

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Rice with vegetable curry + moong salad +curd/yogurt	180gm +200gm+150gm +100gm	Rice -80gm +veggies-200gm+ moong-50gm, salad-100gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Mix fruits +soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Ensure water intake 3-4 litres per day

Dinner(380kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Paneer oats chilla +green chutney	3 mediums +20gm	Chilla (oats-80gm, paneer-40gm, veggies-150gm)
Paneer ragi (any millet) chilla +green chutney	3 mediums +20gm	Chilla (millet-80gm, paneer-40gm, veggies-150gm)

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins

Day 4**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc

Breakfast(450kcal)

Food Item	Cooked Quantity	Raw Quantity
Avocado sandwich	2 sandwiches	Veggies-100gm, avocado-100gm, bread-4 slice

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix bean curry with quinoa +salad +curd/yogurt	300gm +150gm+150gm +80gm	Curry (beans 60gm, veggies-150gm) + quinoa-80gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix fruits +soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Ensure water intake 3-4 litres per day

Dinner(380kcal)

Food Item	Cooked Quantity	Raw Quantity
Stir fry veggies with steamed fish + tomato soup +bread/toast	200gm+150gm +200ml +2 slice	-

Post Dinner(20kcal)

Food Item	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins

- Day 5**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts + almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc
Lukewarm lemon water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc

Breakfast(450kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggies egg omelet + toast	2 mediums +3slice	Veggies-150gm, 4 white,+ 3 slice bread

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer bell pepper sabzi/stir fry +multigrain roti +salad +curd/yogurt	300gm +3 medium size+150gm+100gm	Sabzi (Veggies -300gm, paneer 100gm), flour-100gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix fruits +soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Ensure water intake 3-4 litres per day

Dinner(380kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Stuff tomato with cheddar cheese + mix veggies lentil soup	4pc +250ml	Stuff tomato (tomato-150gm, veggies 100gm, cheese-50gm) + soup (veggies-150gm, lentil-30gm)
Chicken salad + mix veggies soup	400gm+200ml	Salad-(200gm chicken,200gm veggies)

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins

Day 6**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc

Luke warm lemon water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc
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Breakfast(450kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Oat's mango chia pudding	300gm	Oats -60gm, chia-15gm, milk-150ml, mango-100gm
Mango shake with peanut butter toast	250ml+2 slice	Shake (70gm mango,180ml milk) + 15gm butter,2 slice bread

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Green veggies + egg curry + multigrain roti + salad +curd/yogurt	200gm+200gm+3 medium +150gm +80	Veggies -200gm+ egg-2 white,1 whole +flour-100gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Mix fruits +soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Ensure water intake 3-4 litres per day

Dinner(380kcal)

Food Item	Cooked Quantity	Raw Quantity
Sprout's veggies chilla +chutney	3 mediums	Moong sprouts-80gm, besan-30gm, veggies-180gm

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins

Day 7**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins + walnuts+ almonds soaked	200ml+5pc+6 half's+9pc	5 ml in 200ml +5pc

Breakfast(450kcal)

Food Item	Cooked Quantity	Raw Quantity
Avocado +egg with toast	80+ 1 whole,1 white + 3 slice	-

Mid -Morning(200kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk + any fruits	250ml+200gm	Curd-70gm, water-180ml
Coconut water + any fruit	250ml+200gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer kathi roll +curd/yogurt	1 whole medium size +100gm	Flour for wrap-50gm, veggies-150gm paneer -80gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Mix fruits +soaked almonds	250gm +8pc	-
Beetroot carrot tomato smoothie +soaked almonds	250ml+8pc	50gm each ingredient, rest water

Ensure water intake 3-4 litres per day

Dinner(380kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chick pea sweet potato chaat	350gm	Chick pea-80gm, sweet potato-180gm
Chicken tikka	400gm	Chicken -200gm.veggies-200gm

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea +sesame seeds	150ml+5gm	-
Ginger jeera water +sesame seeds	200ml+5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm

Take steam for 15 mins