

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+ steamed fish | 300gm+150gm | Quinoa-80gm, veggies-180gm |

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 |
| Deviled egg+ toast + mix fruit | 2 whole+ 2 slice bread +200gm | salad (fruits 150gm, 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 |
|---|------------------------------|---|
| Egg bhurji +multigrain roti + salad +curd | 200gm+3 medium +100gm + 80gm | Sabzi (2 white, 1 whole, 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 |

Ensure water intake 3-4 litres per day

Dinner(370kcal)

| Food Item | Cooked Quantity | Raw Quantity |
|------------------------|-----------------|--------------|
| Roasted chicken +salad | 200gm each | - |

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,peanut butter-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 |
|---------------------------|--------------------|------------------------------|
| Fish curry + rice + salad | 300ml+ 180gm+100gm | Curry (fish-200gm)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 |

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 |
|-------------------------|--------------------------|--------------|
| Poached eggs with toast | 2 white+2 whole+ 4 slice | - |

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 |
|---------------------------------------|-----------------|---|
| chicken quinoa pulao + beetroot raita | 350gm+200gm | Pulao (120gm chicken,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) |

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 |

Ensure water intake 3-4 litres per day

Dinner(370kcal)

| Food Item | Cooked Quantity | Raw Quantity |
|---|-----------------|--|
| Sweet corn mushroom stir fry with roasted chicken | 250gm +180gm | Sweet corn-50gm ,mushroom-100gm,other veggies -100gm |

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 + boiled eggs | 20gm+2 slice+2 white ,1 whole | - |

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