

Day 8

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast 200cal

Food Item	Cooked Quantity	Raw quantity
Besan Cheela Mint chutney	1 20gm	30gm Besan, 30gm veggies

Mid -Morning 150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Ensure water intake (at least 3-4 liters)Lunch 475 Cal

Food Item	Cooked Quantity	Raw quantity
Multigrain roti Green moong Dal Buttermilk	2 150gm 150ml	60gm flour 30gm

Evening Snack 125cal

Food Item	Cooked Quantity	Raw quantity
Makhana chaat	100gm	20gm makhana, 100gm veggies

Dinner: 8 PM 240cal

Food Item	Quantity cooked	Raw Quantity
Curd rice Cucumber	150gm 150gm	30gm rice, 50gm curd

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Dates	150ml 2	

Take steam (10-15 mins)

Day 9

Early morning

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast 250cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Daliya	150gm	50gm Dalila, 100gm veggies

Mid -Morning 150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Ensure water intake (3-4 litres at least)

Lunch 300cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Kala chana sabji	1 150gm	30gm flour 30gm Kala chana, 100gm veggies

Evening Snack 125cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhanachaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies

Dinner: 8 PM 365cal

Food Item	Quantity cooked	Raw Quantity
Grilled Chicken with Black eyed bean Salad	200gm	80gm Chicken, Black eyed beans 50gm, 70gm Veggies

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Dates	150ml 2	

Take steam (10-15 mins)

Day 10**Early morning:**

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast 370cal

Food Item	Cooked Quantity	Raw quantity
Methi paratha Bottle gourd beetroot raita	2 150gm	60gm Multigrain flour, 50gm methi 100gm curd, 100gm veggies

Mid -Morning 150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Ensure water intake (3-4 litres at least)

Lunch 320cal

Food Item	Cooked Quantity	Raw quantity
Cauliflower Rice	150gm	50gm cauliflower, 100gm veggies 30gm Besan, 50gm tomato
Tomato curry	150gm	
Mixed salad	150gm	

Evening Snack 125cal

Food Item	Cooked Quantity	Raw quantity
Makhanachaat	100gm	20gm makhana, 100gm veggies

Dinner: 8 PM 225cal

Food Item	Quantity cooked	Raw Quantity
Three beans salad	150gm	20gm each Lobia, chola, rajma,

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk + dates	150ml + 2	

Take steam (10-15 mins)

Day 11Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast 330cal

Food Item	Cooked Quantity	Raw quantity
Oats sattu upma	150gm	30gm each sattu, oats 100gm veggies

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Ensure water intake (3-4 litres)

Lunch 290cal

Food Item	Cooked Quantity	Raw quantity
Dal Rice Khichdi	150gm	20gm rice, 10gm dal
Mixed salad	150gm	

Evening Snack 125cal

Food Item	Cooked Quantity	Raw quantity
Makhanachaat	100gm	20gm makhana, 100gm veggies

Dinner: 8 PM 300cal

Food Item	Quantity cooked	Raw Quantity
Multigrain Roti Bhindi	1 150gm	30gm flour <u>75gm Bhindi, 75gm onion</u>

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Dates	150ml 2	

Take steam 10-15 minutes

Day 12**Early morning:**

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast 345cal

Food Item	Cooked Quantity	Raw quantity
Sprouts veggies cheela Mint chutney	1 20gm	20gm sprouts, 10gm besan

Mid -Morning 150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Ensure water intake (3-4 litres)

Lunch 430cal

Food Item	Cooked Quantity	Raw quantity
Moringa roti Gatte Ki Sabji Buttermilk Cucumber	1 150gm 150ml 150gm	30gm moringa, 30gm flour 40gm Besan, 40gm curd

Evening Snack 125cal

Food Item	Cooked Quantity	Raw quantity
Makhanachaat	100gm	20gm makhana, 100gm veggies

Dinner: 8 PM 147cal

Food Item	Quantity cooked	Raw Quantity
Millet soup	100gm	30gm Millet, 10gm carrot, tomato

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Dates	150ml 2	

Take steam 10-15 minutes

Day 13 Early morning:

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast 225 Cal

Food Item	Cooked Quantity	Raw quantity
Moong Dal tikki Mint chutney	3 20gm	40gm mung and onion

Mid -Morning 150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Ensure water intake (3-4 litres)

Lunch 340cal

Food Item	Cooked Quantity	Raw quantity
Fish Korma	100gm	80gm (Fish)
Rice	100gm	30gm

Evening Snack 125cal

Food Item	Cooked Quantity	Raw quantity
Makhanachaat	100gm	20gm makhana, 100gm veggies

Dinner: 8 PM 350cal

Food Item	Quantity cooked	Raw Quantity
Tur Dal	150gm	30gm dal
Rice	100gm	30gm rice
Mixed salad	150gm	

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Dates	2	

Take steam 10-15 mins

Day 14

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfas t270cal

Food Item	Cooked Quantity	Raw quantity
Spinach Rav adosa with mint chutney	2	20gm spinach, 30gm rava

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm

		spinach & Greek yogurt
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Ensure water intake (3-4 litres)

Lunch **400cal**

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Soya chunks/Paneersabji	1 100gm	30gm flour 30gm soya chunks/Paneer, 20gm tomato

EveningSnack**125cal**

Food Item	Cooked Quantity	Raw quantity
Makhanachaat	100gm	20gm makhana, 100gm veggies

Dinner: 8 PM **240cal**

Food Item	Quantity cooked	Raw Quantity
Lentil and vegetable stew	300ml	40gm beetroot, broccoli, pumpkin, 60gm Dal, 20gm carrot

Before Bed **210cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Dates	150ml 2	

Take steam 10-15 mins