

Day 22**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Toasted yogurt sandwich	2 sandwiches	4 slice bread,veggies-100gm,yogurt-100gm,c hia seed-10gm

Mid -Morning(170kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds +dates	150gm +5gm+2pc	-
Watermelon mojito + chia seeds+ dates	250ml+10gm +2pc	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Sambhar rice khichdi +curd+ salad	350gm+120gm+100gm	Sambhar(dal-50gm),rice-100gm

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Ensure water intake 3-4 litres per day**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Guacamole egg salad + toast	250gm+2 slice	Avocado-80gm, egg white-2,1 whole veggies-120gm

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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 23**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Papaya walnut smoothie + veggies upma	200ml+150gm	Smoothie(Papaya-80gm,milk-150ml, walnut-20gm)+ veggies100gm,rava-30gm

Mid -Morning(120kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggie's curry +quinoa +curd+ salad	200gm+180gm+200gm+100gm	Quinoa-100gm

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Ensure water intake 3-4 litres per day**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggies Millet (any) besan chilla +green chutney	3 mediums +20gm	Veggies -120gm,60gm each besan and millet

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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 24****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer cheese toast	4 slices	Paneer-80gm,cheese-50gm,veggies-150gm ,4 slice bread

Mid -Morning(120kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
French beans carrot sabzi + multigrain roti +curd+ salad	250gm +3 medium +120gm+100gm	Flour-100gm

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Ensure water intake 3-4 litres per day**Dinner(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Greek kale salad with steamed chicken	200gm each	-

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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 25**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Egg sandwich	2 mediums	Veggies-80gm, egg-3 white , 4 slice

Mid -Morning(120kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken biryani +cucumber raita	340gm+ 200gm	Veggies-150gm,chicken-120gm,rice-100gm + raita(100gm each cucumber and curd)

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer mushroom tikka with stir fry veggies	350gm	120gm paneer,80gm mushroom, 150gm veggies

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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 26**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Mango/banana shake with almond/peanut butter toast	250gm +2 slice	Mango/banana-60gm,milk-180ml, mixed seeds-20gm + toast(15gm butter,2 slice bread)

Mid -Morning(120kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Stir fry veggies with grilled fish +steamed quinoa	200gm+200gm +120gm	Quinoa -80gm

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Palak oats tikki +salad	6 pc+150gm	Oats-60gm,besan-30gm,veggies-120gm

Ensure water intake 3-4 litres per day

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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 27**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Avocado toast + apple nutty smoothie	2 slices+250ml	Avocado-50gm,2 slice bread + apple-60gm, milk-180ml ,10gm nuts

Mid -Morning(120kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Egg masala +rice +salad+ curd	250gm+180gm+100gm+100gm	3 white,1 whole+rice-100gm

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm

Carrot sticks with hummus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Eggplant pizza +rajma soup	200gm+250ml	Eggplant-100gm,20gm cheese,180gm other veggies + soup(50gm rajma,veggies-180gm)

Ensure water intake 3-4 litres per day

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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 28

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	Boil grated ginger (3gm)in water

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
French toast +mix fruit	4 mediums +150gm	4 slice bread,2 whole egg,milk-50ml

Mid -Morning(120kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

Lunch(500kcal)

Food Item		Raw Quantity
Chole + rice+ salad	250gm+200gm+150gm	chole-80gm, rice-120gm

Take khada drink -150ml

Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Quinoa chicken soup +salad	350ml+100gm	Quinoa-60gm, chicken-120gm,veggies-120gm

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

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