



N O W & F O R E V E R

Day 1

Early morning:

Food Item	Cooked Quantity	Raw quantity
Ginger Lemon Tea	200ml	

Breakfast 250cal

Food Item	Cooked Quantity	Raw quantity
Egg spinach omelet	2	2 Eggs, 20gm onion, 20gm spinach
Bread slices	2	

Mid -Morning 200cal

Food Item	Cooked Quantity	Raw quantity
Orange	200gm	
Dried fig	50gm	
Almonds	15gm	

Ensure water intake 3-4 litres perday

Lunch 480cal

Food Item	Cooked quantity	Raw quantity
Ragi roti	2	60gm flour 30gm Dal, 70gm Palak, 100gm other veggies 10gm each onion, tomato, cucumber, beetroot, carrot 25%curd + 75%water
Dal Palaksabji	200gm	
Green salad	150gm	
Buttermilk		

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 210cal

Food Item	Cooked Quantity	Raw Quantity
Dal Paratha cucumber raita	2 100gm	30gm Dal, 30gm flour 50gm cucumber, 50gm curd

Before Bed 170cal

Food Item	Cooked Quantity	Raw
Haladi milk + black raisins	150ml + 15gm	

Take steam for 10-15 mins

Day 2

Early morning:

Food Item	Cooked Quantity	Raw
Ginger Lemon Tea	200ml	

Breakfast 290cal

Food Item	Cooked Quantity	Raw Quantity
Vegetable upma	150gm	30gm Suji, 5gm kaju & peanut

Mid -Morning 200cal

Food Item	Cooked Quantity	Raw quantity
Orange /Apple	200gm	
Dried fig	50gm	
Almonds	15gm	

Ensure water intake 3-4 litres perday

Lunch 360cal

Food Item	CookedQuantity	RawQuantity
Sattu roti	1	10gm sattu, 10gm onion, 30gm flour
Methi baingan sabji	150gm	50gm brinjal, 50gm methi, 10gm onion, 5gm peanut,
Buttermilk	150ml	

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM 280cal

Food Item	Cooked Quantity	Raw Quantity
Daliya khichdi	200gm	80gm daliya, 100gm veggies
Curd	80gm	

Before Bed 160cal

Food Item	Quantity	Raw/Cooked
Haldi milk + black raisins	150ml + 15gm	

Take steam (10-15 minutes)

Day 3

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 240 Cal

Food Item	Cooked Quantity	Raw Quantity
Egg Sandwich	<u>1</u>	2 Multigrain Bread 2 Egg White Scrambled

Mid -Morning 200 Cal

Food Item	Cooked Quantity	Raw quantity
Orange Dried fig Almonds	200gm 50gm 15gm	

Ensure water intake 3-4 litres perday

Lunch 390cal

Food Item	Cooked Quantity	Raw Quantity
Rice Yellow moong Dal Salad Buttermilk	100gm 150ml 100gm 150ml	30gm raw 30gm raw

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 300cal

Food Item	Cooked Quantity	Raw Quantity
Chopped broccoli salad	300gm	40gm broccoli & cauliflower, 20gm French beans, peas onion , 100gm Greek yogurt, 10gm almonds, 2tbsp ACV

Before Bed 160cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk + black raisins	150ml + 20gm	

Take steam (10-15 minutes)

Day 4**Early morning:**

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 270 Cal

Food Item	Cooked Quantity	Raw Quantity
Vegetable oats/ Rava idli Coconut chutney	4 10gm	40gm oats, 20gm curd, 10gm carrot, capsicum tomato

Mid -Morning 200cal

Food Item	Cooked Quantity	Raw quantity
Orange Dried fig Almonds	200gm 50gm 15gm	

Ensure water intake 3-4 litres perday

Lunch 400cal

Food Item	Cooked Quantity	Raw Quantity
Lauki Roti	1	30gm raw, 10gm onion, 20gm lauki
Green moong Dal	150gm	30gm raw
Salad	150gm	
Buttermilk	150ml	

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM 260cal

Food Item	Cooked Quantity	Raw Quantity
Chicken soup	300ml	100gm chicken, 200gm veggies

Before Bed 160cal

Food Item	Cooked Quantity	Raw quantity
Hal di milk+ black raisins	150ml+20gm	

Day 5Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 240cal

Food Item	Quantity	Raw/Cooked
Moong Dal Cheela	1	30gm mung sprouts, 20gm carrot, onion, capsicum, besan
	15gm	
Mint chutney		

Mid -Morning 200cal

Food Item	Cooked Quantity	Raw quantity
Orange /Apple	200gm	
Dried fig	50gm	
Almonds	10gm	

Ensure water intake 3-4 litres perdayLunch 400cal

Food Item	Quantity	Raw/Cooked
Egg Curry	200ml	2 Eggs, 40gm tomato onion each
Rice	100gm	30gm
Salad	150gm	
Salad	100gm	
Buttermilk	150ml	

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM 290cal

Food Item	Cooked Quantity	Raw Quantity
Chickpeas salad	200gm	30gm chickpeas, 170gm veggies
Sweet corn soup	100ml	40gm sweet corn, 20gm spring onion, carrot, French beans

Before Bed 170cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
black raisins	15gm	

Take steam 10-15 mins

Day 6Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 250cal

Food Item	Quantity	Raw/Cooked
Ragi/Suji dosa	2	20gm ragI, 10gm urad dal
Coconut chutney	15gm	

Mid -Morning 200cal

Food Item	Cooked Quantity	Raw quantity
Orange	200gm	
<u>Dried fig</u>	<u>50gm</u>	
<u>Almonds</u>	<u>15gm</u>	

Ensure water intake 3-4 litres per day

Lunch 350cal

Food Item	Cooked Quantity	Raw Quantity
Multigrain Roti	1	30gm flour
Mushroom/Paneer masala	150gm	50gm mushrooms, 100gm other veggies
Buttermilk	150ml	

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u>	<u>30gm</u>	

Dinner: 8 PM 330cal

Food Item	Quantity cooked	Raw Quantity
Daliya khichdi	200gm	80gm Daliya, 20gm veggies

Before Bed**170cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Black raisins	150ml 15gm	

Day 7

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast**310cal**

Food Item	Cooked Quantity	Raw quantity
Vegetable vermicelli	200gm	30gm raw vermicelli, 20gm each onion, carrot, tomato,

Mid -Morning**200cal**

Food Item	Cooked Quantity	Raw quantity
Orange <u>Dried fig</u> <u>Almonds</u>	200gm <u>50gm</u> <u>15gm</u>	

Ensure water intake 3-4 litres perday

Lunch**460cal**

Food Item	Cooked Quantity	Raw quantity
Multigrain roti Chicken curry	2 150gm	60gm flour 80gm chicken, 70gm other veggies

Evening Snack**100cal**

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM**150cal**

Food Item	Quantity cooked	Raw Quantity
Beetroot paratha Veggies raita	1 100gm	30gm flour, 30gm beetroot <u>70gm curd, 30gm veggies</u>

Before Bed**170cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk + black raisins	150ml+20	

Take steam 10- 15 mins