



NOW & FOREVER

Day 1

Early morning (30kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins	200ml+5pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins	200ml+5pc	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
Scrambled eggs with any fruit	4 slice +150gm	1 whole, 2 white + 2 toast +150gm

Mid -Morning(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Healthy Mexican chicken bowl with salads	300gm +150gm	Rice-30gm, beans-20gm, veggies-100gm, 100gm chicken

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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Vegetable egg wrap	1 whole medium size	Flour for wrap-50gm, veggies-150gm, egg-1 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 (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins	200ml+5pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins	200ml+5pc	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(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Buttermilk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Stir fry Veggies with steamed quinoa added with chicken curry	250gm +150gm	quinoa-30gm, chicken 80gms

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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Soya granules Tikki + green chutney + salad	4pc +15gm+150gm	Tikki (Soya granules-60gm, besan-30gm, veggies-100gm)
Grilled chicken with stir fry veggies	150+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

Day 3**Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins	200ml+5pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins	200ml+5pc	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(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Rice with chicken curry + salad	150gm +250gm+150gm	Rice -80gm +chicken-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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Paneer oats chilla +green chutney	2 mediums +20gm	Chilla (oats-60gm, paneer-30gm, veggies-150gm)
Paneer ragi (any millet) chilla +green chutney	2 mediums +20gm	Chilla (millet-60gm, paneer-30gm, 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 (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins	200ml+5pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins	200ml+5pc	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(50kcal)

Food Item	Cooked Quantity	Raw Quantity
Butter milk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Egg curry with quinoa +salad	250gm +150gm+150gm	Curry (2 whole egg,2 white, veggies-150gm) + quinoa-60gm

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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Stir fry veggies with steamed fish + tomato soup	200gm+150gm +200ml	-

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
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Take steam for 15 mins

Before Bed(200kcal)

Turmeric pepper milk +dates/figs	200ml+2 pc	2.5 gm each ingredient in 200ml milk (boil it properly) + 15gm
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Take steam for 15 mins

Day 5

Early morning (30kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins	200ml+5pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins	200ml+5pc	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(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer bell pepper sabzi/stir fry +multigrain roti +salad	300gm +2 medium size+150gm	Sabzi (Veggies -300gm, paneer-100gm), flour-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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Stuff tomato with cheddar cheese + mix veggies lentil soup	4pc +200ml	Stuff tomato (tomato-150gm, veggies-100gm, cheese-30gm) + soup (veggies-150gm, lentil-15gm)
Chicken salad + mix veggies soup	300gm+200ml	Salad-(150gm chicken,150gm 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 (30kcal)**

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

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(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Green veggies + egg curry + multigrain roti + salad	200gm+200gm+2 medium +150gm	Veggies -200gm+ egg-1 white,1 whole +flour-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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Baked /grilled fish with sauté veggies	100gm each	-

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 (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger jeera water + soaked black raisins	200ml+5pc	2 gm each ingredient in 300ml water (boil it) +5pc
Luke warm lemon water + soaked black raisins	200ml+5pc	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(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Butter milk	200ml	Curd-50gm, water-150ml
Coconut water	200ml	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken kathi roll	1 whole medium size	Flour for wrap-50gm, veggies-150gm Chicken -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 of 3-4 litres throughout the day

Dinner(300kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chick pea sweet potato chaat	300gm	Chick pea-50gm, sweet potato-150gm
Chicken tikka	300gm	Chicken -150gm.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