



N O W   &   F O R E V E R

## 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
Nut butter toast topped with fruits and nuts, seeds	4 slices	Nut butter-30gm, bread-4 slice, fruit (banana, apple)-150gm, nuts and seed each 10gm

Ensure water intake of 3-4 litres throughout the day

### 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 bowl with salads	300gm +150gm	Rice-40gm, beans-40gm, veggies-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

### Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Vegetable paneer wrap	1 whole medium size	Flour for wrap-50gm, veggies-150gm paneer -50gm

### 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 10-15 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

Ensure water intake of 3-4 litres throughout the day

**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
Stir fry Veggies with steamed quinoa added with lentils	300gm +200gm	Veggies -300gm, quinoa-40gm, lentils-40gm

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

**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)
Moong dal kebab +green chutney + salad	4pc +15gm+150gm	Kebab (moong dal-60gm, besan-30gm, veggies-100gm)

**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 10-15 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-100ml, banana and berries -100gm)
Multigrain flour/wheat flour banana berries pancake with nut butter spread topping with mixed seeds	2 mediums +15gm+10gm	Pancake (flour -60gm, milk-100ml, banana and berries -100gm)

Ensure water intake of 3-4 litres throughout the day

**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 vegetable curry + moong salad	150gm +200gm+150gm	Rice -60gm +veggies- 200gm+ moong-50gm, salad-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

**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 10-15 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

Ensure water intake of 3-4 litres throughout the day

**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
Mix bean curry with quinoa +salad	300gm +150gm+150gm	Curry (beans 50gm, 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

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Stir fry veggies with tofu/paneer + tomato soup	300gm +250ml	200 veggies,100gm tofu /paneer

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

Take steam for 10-15 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
Couscous/rava upma	300gm	Veggies-200gm, couscous/rava-80gm

Ensure water intake of 3-4 litres throughout the day

**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

**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)
paneer salad + mix veggies lentil soup	200gm+200ml	Salad-(50gm paneer,150gm veggies) + soup (veggies-150gm, lentil-15gm)

**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 10-15 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

Ensure water intake of 3-4 litres throughout the day

### 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 + moong dal + multigrain roti + salad	200gm+200gm+2 medium +150gm	Veggies -200gm+ dal-40gm+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

### Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Sprout's veggies chilla +chutney	2 mediums	Moong sprouts-60gm, besan-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 10-15 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 sprouts salad with toast	300gm + 1 slice	Avocado -100gm, moong sprouts-40gm, salad-150gm

Ensure water intake of 3-4 litres throughout the day

**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 kathi roll	1 whole medium size	Flour for wrap-50gm, veggies-150gm paneer -50gm

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

**Dinner(300kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chick pea sweet potato chaat	300gm	Chick pea-50gm, sweet potato-150gm
Mediterranean chick pea salad	300gm	Chick pea-50gm,veggies-150gm, feta cheese-30gm

**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 10-15 mins