



NOW & FOREVER

## Day 1

Early morning: 7 to 8 am (80kcal)

| Food Item                              | Cooked Quantity      | Raw quantity |
|----------------------------------------|----------------------|--------------|
| Ginger Lemon Tea<br>Walnuts<br>Almonds | 200ml<br>2 half<br>5 |              |

Breakfast340cal

| Food Item             | Cooked Quantity | Raw quantity                                                    |
|-----------------------|-----------------|-----------------------------------------------------------------|
| Vegetable Peanut Poha | 250gm           | 30gm raw Poha, 20gm each onion, carrot, tomato, peas 5gm Peanut |

Mid -Morning200cal

| Food Item                      | Cooked Quantity                     | Raw quantity |
|--------------------------------|-------------------------------------|--------------|
| Orange<br>Dried_fig<br>Almonds | 200gm<br><u>50gm</u><br><u>15gm</u> |              |

Ensure water intake of 3-4 litres throughout the day

Lunch480cal

| Food Item                                                         | Cooked quantity                       | Raw quantity                                                                                                                                       |
|-------------------------------------------------------------------|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Ragi roti<br>Dal_Palak sabji<br><br>Green_salad<br><br>Buttermilk | 2<br><u>200gm</u><br><br><u>150gm</u> | 60gm flour<br><u>30gm Dal, 70gm Palak, 100gm other veggies</u><br>10gm each onion, tomato, cucumber, beetroot, carrot<br><u>25%curd + 75%water</u> |

Evening Snack240cal

| Food Item                    | Cooked Quantity            | Raw quantity |
|------------------------------|----------------------------|--------------|
| Roasted_chana Rice<br>Puffed | <u>40gm</u><br><u>40gm</u> |              |

Dinner: 8 PM210cal

| Food Item                     | Cooked Quantity   | Raw Quantity                                            |
|-------------------------------|-------------------|---------------------------------------------------------|
| Dal Paratha<br>cucumber raita | 2<br><u>100gm</u> | 30gm Dal, 30gm flour<br><u>50gm cucumber, 50gm curd</u> |

Before Bed250cal

| Food Item                  | Cooked Quantity | Raw |
|----------------------------|-----------------|-----|
| Haldi milk + black raisins | 200ml + 20gm    |     |

Take steam for 10-15 mins

## Day 2

Early morning: 7 to 8 am (80kcal)

| Food Item                              | Cooked Quantity      | Raw |
|----------------------------------------|----------------------|-----|
| Ginger Lemon Tea<br>Walnuts<br>Almonds | 200ml<br>2 half<br>5 |     |

Breakfast340cal

| Food Item                          | Cooked Quantity | Raw Quantity                           |
|------------------------------------|-----------------|----------------------------------------|
| Oats scrambled egg<br>Bread slices | 150gm<br>2      | 2 eggs, 30gm oats, 20gm onion & carrot |

Mid -Morning200cal

| Food Item                      | Cooked Quantity       | Raw quantity |
|--------------------------------|-----------------------|--------------|
| Orange<br>Dried fig<br>Almonds | 200gm<br>50gm<br>15gm |              |

Ensure water intake of 3-4 litres throughout the day

Lunch360cal

| Food Item                                          | Cooked Quantity         | Raw Quantity                                                                            |
|----------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------|
| Satturoti<br><br>Methi baingan sabji<br>Buttermilk | 1<br><br>150gm<br>150ml | 10gm sattu, 10gm onion, 30gm flour<br>50gm brinjal, 50gm methi, 10gm onion, 5gm peanut, |

Evening Snack240cal

| Food Item                    | Cooked Quantity            | Raw quantity |
|------------------------------|----------------------------|--------------|
| Roasted_chana Rice<br>Puffed | <u>40gm</u><br><u>40gm</u> |              |

Dinner: 8 PM330cal

| Food Item            | Cooked Quantity | Raw Quantity               |
|----------------------|-----------------|----------------------------|
| Daliya khichadi Curd | 200gm<br>150gm  | 80gm daliya, 100gm veggies |

Before Bed250cal

| Food Item                  | Quantity     | Raw/Cooked |
|----------------------------|--------------|------------|
| Haldi milk + black raisins | 200ml + 20gm |            |

Take steam for 10-15 mins

## Day 3

Early morning: 7 to 8 am (100kcal)

| Food Item                                                                | Cooked Quantity           | Raw Quantity |
|--------------------------------------------------------------------------|---------------------------|--------------|
| Ginger Lemon Tea<br><u>Walnuts</u><br><u>Almonds</u><br><u>Pistachio</u> | 200ml<br>2 half<br>5<br>4 |              |

**Breakfast280cal**

| Food Item    | Cooked Quantity | Raw Quantity                                                           |
|--------------|-----------------|------------------------------------------------------------------------|
| Egg Sandwich | <u>1</u>        | 2 Multigrain Bread<br>2 Egg White Scrambled<br>30gm corn, 50gm Spinach |

**Mid -Morning210cal**

| Food Item                                    | Cooked Quantity                     | Raw quantity |
|----------------------------------------------|-------------------------------------|--------------|
| Orange<br><u>Dried fig</u><br><u>Almonds</u> | 200gm<br><u>50gm</u><br><u>20gm</u> |              |

Ensure water intake of 3-4 litres throughout the day

**Lunch420cal**

| Food Item                                      | Cooked Quantity                  | Raw Quantity         |
|------------------------------------------------|----------------------------------|----------------------|
| Rice<br>Yellow mung Dal<br>Salad<br>Buttermilk | 100gm<br>150ml<br>150gm<br>150ml | 30gm raw<br>30gm raw |

**Evening Snack240cal**

| Food Item                                         | Cooked Quantity            | Raw quantity |
|---------------------------------------------------|----------------------------|--------------|
| <u>Roasted chana</u> <u>Rice</u><br><u>Puffed</u> | <u>40gm</u><br><u>40gm</u> |              |

**Dinner: 8 PM300cal**

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

**Before Bed250cal**

| Food Item                  | Cooked Quantity | Raw Quantity |
|----------------------------|-----------------|--------------|
| Haldi milk + black raisins | 200ml + 20gm    |              |

Take steam for 10-15 mins

**Day 4**

Early morning: 7 to 8 am (80kcal)

| Food Item                                           | Cooked Quantity        | Raw Quantity |
|-----------------------------------------------------|------------------------|--------------|
| Ginger Lemon Tea<br><u>Walnuts</u><br><u>Almond</u> | 200ml<br>2 half<br>5pc |              |

**Breakfast370cal**

| Food Item                                       | Cooked Quantity | Raw Quantity                                          |
|-------------------------------------------------|-----------------|-------------------------------------------------------|
| Vegetable oats/Ravaidli<br><br>Vegetable Sambar | 4<br><br>200gm  | 40gm oats, 20gm curd, 10gm carrot,<br>capsicum tomato |

**Mid -Morning200cal**

| Food Item                      | Cooked Quantity       | Raw quantity |
|--------------------------------|-----------------------|--------------|
| Orange<br>Dried fig<br>Almonds | 200gm<br>50gm<br>15gm |              |

Ensure water intake of 3-4 litres throughout the day

#### Lunch440cal

| Food Item      | Cooked Quantity | Raw Quantity                                 |
|----------------|-----------------|----------------------------------------------|
| Lauki Roti     | 2               | 60gm raw, 10gm onion, 30gm lauki<br>30gm raw |
| Green mung Dal | 150gm           |                                              |
| Salad          | 150gm           |                                              |
| Buttermilk     | 150ml           |                                              |

#### Evening Snack200cal

| Food Item                    | Cooked Quantity | Raw quantity |
|------------------------------|-----------------|--------------|
| Roasted_chana Rice<br>Puffed | 30gm<br>30gm    |              |

#### Dinner: 8 PM260cal

| Food Item          | Cooked Quantity | Raw Quantity              |
|--------------------|-----------------|---------------------------|
| Fish tikka sauteed | 250gm           | 100gm fish, 150gm veggies |

#### Before Bed250cal

| Food Item                 | Cooked Quantity | Raw quantity |
|---------------------------|-----------------|--------------|
| Haldi milk+ black raisins | 200ml+20gm      |              |

Take steam for 10-15 mins

### Day 5

Early morning: 7 to 8 am (100kcal)

| Food Item                                           | Cooked Quantity           | Raw Quantity |
|-----------------------------------------------------|---------------------------|--------------|
| Ginger Lemon Tea<br>Walnuts<br>Almonds<br>Pistachio | 200ml<br>2 half<br>5<br>4 |              |

#### Breakfast320cal

| Food Item       | Quantity | Raw/Cooked                                                |
|-----------------|----------|-----------------------------------------------------------|
| Mung Dal Cheela | 2        | 60gm mung sprouts, 20gm carrot,<br>onion, capsicum, besan |
| mint chutney    | 20gm     |                                                           |

#### Mid -Morning200cal

| Food Item                      | Cooked Quantity       | Raw quantity |
|--------------------------------|-----------------------|--------------|
| Orange<br>Dried fig<br>Almonds | 200gm<br>50gm<br>10gm |              |

Ensure water intake of 3-4 litres throughout the day

#### Lunch440cal

| Food Item | Quantity | Raw/Cooked |
|-----------|----------|------------|
|-----------|----------|------------|

|            |       |                       |
|------------|-------|-----------------------|
| Rasam      | 150ml | 50gm tomato, 30gm dal |
| Rice       | 120gm | 40gm                  |
| Salad      | 150gm |                       |
| Buttermilk | 150ml |                       |

#### Evening Snack**200cal**

| Food Item          | Cooked Quantity | Raw quantity |
|--------------------|-----------------|--------------|
| Roasted chana Rice | 30gm            |              |
| Puffed             | 30gm            |              |

#### Dinner: 8 PM**290cal**

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

#### Before Bed**250cal**

| Food Item                 | Cooked Quantity | Raw Quantity |
|---------------------------|-----------------|--------------|
| Haladi milk black raisins | 200ml<br>15gm   |              |

Take steam for 10-15 mins

### **Day 6**

Early morning: 7 to 8 am (80kcal)

| Food Item        | Cooked Quantity | Raw Quantity |
|------------------|-----------------|--------------|
| Ginger Lemon Tea | 200ml           |              |
| Walnuts          | 2 half          |              |
| Almonds          | 5pc             |              |

#### Breakfast**350cal**

| Food Item        | Quantity | Raw/Cooked               |
|------------------|----------|--------------------------|
| Ragi/Suji dosa   | 2        | 20gm ragI, 10gm urad dal |
| Coconut chutney  | 15gm     |                          |
| Vegetable Sambar | 150ml    |                          |

#### Mid -Morning**200cal**

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

Ensure water intake of 3-4 litres throughout the 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**200cal**

| Food Item                    | Cooked Quantity     | Raw quantity |
|------------------------------|---------------------|--------------|
| Roasted_chana Rice<br>Puffed | 30gm<br><u>30gm</u> |              |

Dinner: 8 PM**370cal**

| Food Item                                | Quantity cooked     | Raw Quantity        |
|------------------------------------------|---------------------|---------------------|
| Multigrain Roti<br>Grilled fish<br>Salad | 2<br>100gm<br>150gm | 60gm flour<br>100gm |

Before Bed**250cal**

| Food Item                          | Cooked Quantity      | Raw Quantity |
|------------------------------------|----------------------|--------------|
| Haldi milk<br><u>Black raisins</u> | 200ml<br><u>20gm</u> |              |

Take steam for 10-15 mins

## Day 7

Early morning: 7 to 8 am (80kcal)

| Food Item                                            | Cooked Quantity        | Raw Quantity |
|------------------------------------------------------|------------------------|--------------|
| Ginger Lemon Tea<br><u>Walnuts</u><br><u>Almonds</u> | 200ml<br>2 half<br>5pc |              |

Breakfast**360cal**

| Food Item                   | Cooked Quantity | Raw quantity                                           |
|-----------------------------|-----------------|--------------------------------------------------------|
| Vegetable Peanut vermicelli | 250gm           | 40gm raw vermicelli , 30gm each onion, carrot, tomato, |

Mid -Morning**200cal**

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

Ensure water intake of 3-4 litres throughout the day

Lunch**460cal**

| Food Item                                                              | Cooked Quantity                  | Raw quantity                                                                           |
|------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------|
| Multigrain roti<br>Green beans carrot sabji<br><br>Buttermilk<br>Salad | 2<br>150gm<br><br>150ml<br>150gm | 60gm flour<br>75gm beans carrot<br>10gm each onion, tomato, cucumber, beetroot, carrot |

Evening Snack**200cal**

| Food Item                    | Cooked Quantity     | Raw quantity |
|------------------------------|---------------------|--------------|
| Roasted chana Rice<br>Puffed | 30gm<br><u>30gm</u> |              |

Dinner: 8 PM**250cal**

| Food Item | Quantity cooked | Raw Quantity |
|-----------|-----------------|--------------|
|-----------|-----------------|--------------|

|              |       |                              |
|--------------|-------|------------------------------|
| Chicken stew | 200gm | 100gm chicken, 100gm veggies |
|--------------|-------|------------------------------|

Before Bed**250cal**

| Food Item                  | Cooked Quantity | Raw Quantity |
|----------------------------|-----------------|--------------|
| Haldi milk + black raisins | 200ml+20        |              |

Take steam for 10-15 mins