



NOW & FOREVER

Day 1

Early morning: 7 to 8 am (80kcal)

Food Item	Cooked Quantity	Raw quantity
Ginger Lemon Tea Walnuts Almonds	200ml 2 half 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 Dried fig Almonds	200gm 50gm 15gm	

Ensure water intake of 3-4 litres throughout the day

Lunch480cal

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

Evening Snack240cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana Rice Puffed	40gm 40gm	

Dinner: 8 PM210cal

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

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	200ml	
Walnuts	2 half	
Almonds	5	

Breakfast340cal

Food Item	Cooked Quantity	Raw Quantity
Oats scrambled egg	150gm	2 eggs, 30gm oats, 20gm onion &
Bread slice	2	carrot

Mid -Morning200cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch360cal

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

Evening Snack240cal

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

Dinner: 8 PM330cal

Food Item	Cooked Quantity	Raw Quantity
Daliya khichadi Curd	200gm 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	200ml	
Walnuts	2 half	
Almonds	5	
Pistachio	4	

Breakfast280cal

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

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch420cal

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

Evening Snack240cal

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

Dinner: 8 PM300cal

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 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 <u>Walnuts</u> <u>Almond</u>	200ml 2 half 5pc	

Breakfast370cal

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

Mid -Morning200cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch**440cal**

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

Evening Snack**200cal**

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

Dinner: 8 PM**260cal**

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

Before Bed**250cal**

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	200ml	
<u>Walnuts</u>	2 half	
<u>Almonds</u>	5	
<u>Pistachio</u>	4	

Breakfast**320cal**

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

Mid -Morning**200cal**

Food Item	Cooked Quantity	Raw quantity
Orange	200gm	
<u>Dried fig</u>	<u>50gm</u>	
<u>Almonds</u>	<u>10gm</u>	

Ensure water intake of 3-4 litres throughout the day

Lunch**440cal**

Food Item	Quantity	Raw/Cooked
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Rasam	150ml	50gm tomato, 30gm dal
Rice	120gm	40gm
Salad	150gm	
Buttermilk	150ml	

Evening Snack200cal

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

Dinner: 8 PM290cal

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 Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk black raisins	200ml 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	

Breakfast350cal

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

Mid -Morning200cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch350cal

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

Evening Snack200cal

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

Dinner: 8 PM**370cal**

Food Item	Quantity cooked	Raw Quantity
Multigrain Roti	2	<u>60gm flour</u>
<u>Grilled fish</u>	<u>100gm</u>	<u>100gm fish</u>
<u>Salad</u>	<u>150gm</u>	

Before Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Black raisins</u>	<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	200ml	
<u>Walnuts</u>	2 half	
<u>Almonds</u>	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	200gm	
<u>Dried fig</u>	<u>50gm</u>	
<u>Almonds</u>	<u>15gm</u>	

Ensure water intake of 3-4 litres throughout the day

Lunch**460cal**

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

Evening Snack**200cal**

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

Dinner: 8 PM**250cal**

Food Item	Quantity cooked	Raw Quantity
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Chicken stew	<u>200gm</u>	<u>100gm chicken, 100gm veggies</u>
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Before Bed**250cal**

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

Take steam for 10-15 mins