



N O W & F O R E V E R

Day 1

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>	5	

Breakfast540cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Peanut Poha	250gm	30gm raw Poha, 20gm each onion, carrot, tomato, peas 5gm Peanut
<u>Banana</u>	1 (medium)	
<u>Peanut Butter</u>	1tbsp	

Mid -Morning200cal

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

Lunch480cal

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

Evening Snack240cal

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

Dinner: 8 PM210cal

Food Item	Cooked Quantity	Raw Quantity
Dal Paratha	2	30gm Dal, 30gm flour
cucumber raita	<u>100gm</u>	<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	200ml	
<u>Walnuts</u>	2 half	
<u>Almonds</u>	5	

Breakfast**540cal**

Food Item	Cooked Quantity	Raw Quantity
Vegetable Milk Upma	200gm	30gm Suji, 5gm kaju & peanut
Banana	<u>1 (medium)</u>	
Peanut butter (unsalted)	<u>1tbsp</u>	

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**360cal**

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

Evening Snack**240cal**

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

Dinner: 8 PM**330cal**

Food Item	Cooked Quantity	Raw Quantity
Daliya khichadi	200gm	80gm daliya, 100gm veggies
Curd	150gm	

Before Bed**250cal**

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

Breakfast480cal

Food Item	Cooked Quantity	Raw Quantity
Egg Sandwich	<u>1</u>	2 Multigrain Bread
Banana	<u>1</u>	2 Egg White Scrambled
Peanut Butter (unsalted)	<u>1tbsp</u>	30gm corn, 50gm Spinach

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch420cal

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

Evening Snack240cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u>	<u>40gm</u>	
<u>Rice Puffed</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	200ml	
<u>Walnuts</u>	2 half	
<u>Almond</u>	5pc	

Breakfast370cal

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

Mid -Morning200cal

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

Lunch440cal

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 Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u>	<u>30gm</u>	
<u>Rice Puffed</u>	<u>30gm</u>	
<u>Banana</u>	<u>1</u>	
<u>Peanut Butter (unsalted)</u>	<u>1tbsp</u>	

Dinner: 8 PM260cal

Food Item	Cooked Quantity	Raw Quantity
Paneer salad	200gm	50gm Paneer, 150gm veggies
Tomato soup	200ml	

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

Breakfast320cal

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

Mid -Morning200cal

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

Lunch440cal

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u>	<u>30gm</u>	
<u>Rice Puffed</u>	<u>30gm</u>	
<u>Banana</u>	<u>1 (medium)</u>	
<u>Peanut Butter (unsalted)</u>	<u>1 tbsp</u>	

Dinner: 8 PM290cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
black raisins	<u>15gm</u>	

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	
<u>Walnuts</u>	2 half	
<u>Almonds</u>	5pc	

Breakfast350cal

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

Mid -Morning200cal

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

Lunch350cal

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u>	<u>30gm</u>	
<u>Rice Puffed</u>	<u>30gm</u>	
<u>Banana</u>	<u>1 (medium)</u>	
<u>Peanut Butter (unsalted)</u>	<u>1tbsp</u>	

Dinner: 8 PM370cal

Food Item	Quantity cooked	Raw Quantity
Daliya khichdi	250gm	100gm Daliya, 40gm veggies

Before Bed250cal

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	

Breakfast360cal

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

Mid -Morning200cal

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

Lunch460cal

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 Snack400cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	
Rice Puffed	<u>30gm</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter	<u>1tbsp</u>	

Dinner: 8 PM**250cal**

Food Item	Quantity cooked	Raw Quantity
Beetroot paratha	2	60gm flour, 60gm beetroot
Veggies raita	150gm	<u>100gm curd, 50gm veggies</u>

Before Bed**250cal**

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

Take steam for 10-15 mins