



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 Walnuts Almonds	200ml 2 halves 5	

Breakfast**540cal**

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

Mid -Morning**200cal**

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

Ensure water intake of 3-4 litres throughout the day

Lunch**480cal**

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

Evening Snack**240cal**

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

Dinner: 8 PM**210cal**

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

Before Bed**250cal**

Food Item	Cooked Quantity	Raw
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Haladi milk + black raisins	200ml + 20gm	
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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 halves	
Almonds	5	

Breakfast540cal

Food Item	Cooked Quantity	Raw Quantity
Oats scrambled egg	150gm	2 eggs, 30gm oats, 20gm onion
Banana	<u>1 (medium)</u>	
Peanut butter (unsalted)	1tbsp	

Mid -Morning200cal

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

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 50gm brinjal, 50gm methi, 10gm onion, 5gm peanut,
Methi baingan sabji	150gm	
Buttermilk	150ml	

Evening Snack240cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u> <u>Rice</u>	<u>40gm</u>	
<u>Puffed</u>	<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
Haladi 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
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Ginger Lemon Tea	200ml	
Walnuts	2 halves	
Almonds	5 4	
Pistachio		

Breakfast**480cal**

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

Mid -Morning**210cal**

Food Item	Cooked Quantity	Raw quantity
Orange	200gm	
Dried fig	50gm	
Almonds	20gm	

Ensure water intake of 3-4 litres throughout the day

Lunch**420cal**

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

Evening Snack**240cal**

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

Dinner: 8 PM**300cal**

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 Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haladi 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	
Walnuts	2 halves	
Almond	5pc	

Breakfast**370cal**

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	
Dried_fig	<u>50gm</u>	
Almonds	<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 30gm raw
Green mung Dal	150gm	
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
Fish tikka sauteed	250gm 200ml	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	200ml	
<u>Walnuts</u>	2 halves	
<u>Almonds</u>	5 4	
<u>Pistachio</u>		

Breakfast320cal

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

Evening Snack**400cal**

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 PM**290cal**

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 Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haladi milk black raisins	200ml <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 halves	
<u>Almonds</u>	5pc	

Breakfast**350cal**

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

Mid -Morning**200cal**

Food Item	Cooked Quantity	Raw quantity
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Orange Dried fig Almonds	200gm 50gm 15gm	
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Ensure water intake of 3-4 litres throughout the day

Lunch350cal

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

Evening Snack400cal

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

Dinner: 8 PM370cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Black raisins	200ml 20gm	

Take steam for 10-15 mins

Day 7

Early morning: 7 to 8 am (80kcal)

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

Ensure water intake of 3-4 litres throughout the day

Lunch 460cal

Food Item	Cooked Quantity	Raw quantity
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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**400cal**

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
Chicken stew	200gm	100gm chicken, 100gm veggies

Before Bed**250cal**

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

Take steam for 10-15 mins