



N O W & F O R E V E R

Calories – 1400 apprx.

Day 1

Early morning:

Food Item	Cooked Quantity	Raw quantity
Ginger Lemon Tea	200ml	

Breakfast 250cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Poha	150gm	30gm raw Poha, 20gm each onion, carrot, tomato, peas

Take 15mins Steam

Mid -Morning 200cal

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

Take Vitamin c and zinc supplements

Lunch 480cal

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

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 210cal

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

Before Bed 170cal

Food Item	Cooked Quantity	Raw
Haldi milk + black raisins	150ml + 15gm	

Day 2Early morning:

Food Item	Cooked Quantity	Raw
Ginger Lemon Tea	200ml	

Breakfast 290cal

Food Item	Cooked Quantity	Raw Quantity
Vegetable upma	150gm	30gm Suji, 5gm kaju& peanut

Take 15mins steamMid -Morning 200cal

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

Take vitamin c and zinc supplementsLunch 360cal

Food Item	CookedQuantity	RawQuantity
Sattu roti	1	10gm sattu, 10gm onion, 30gm flour
Methi baingan sabji	150gm	50gm brinjal, 50gm methi, 10gm onion, 5gm peanut,
Buttermilk	150ml	

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM 280cal

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

Before Bed160cal

Food Item	Quantity	Raw/Cooked
Haldi milk + black raisins	150ml + 15gm	

Day 3Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 240 Cal

Food Item	Cooked Quantity	Raw Quantity
Rajma paratha	1	30gm flour, 15gm rajma 50gm beetroot, 100gm
Beetroot raita	150gm	curd

Take 15min steamMid -Morning 200 Cal

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

Take vitamin c and zinc supplementsLunch 390cal

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

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 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 160cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk + black raisins	150ml + 20gm	

Day 4Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast**270cal**

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

Take 15min steam

Mid -Morning **200cal**

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

Take vitamin c and zinc supplements

Lunch **400cal**

Food Item	Cooked Quantity	Raw Quantity
Lauki Roti	1	30gm raw, 10gm onion, 20gm lauki 30gm raw
Green moong Dal	150gm	
Salad	150gm	
Buttermilk	150ml	

Evening Snack **100cal**

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM **260cal**

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

Before Bed **160cal**

Food Item	Cooked Quantity	Raw quantity
Haldi milk+ black raisins	150ml+20gm	

Day 5

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 240cal

Food Item	Quantity	Raw/Cooked
Moong Dal Cheela	1	30gm mung sprouts, 20gm carrot, onion, capsicum, besan
Mint chutney	15gm	

Take 15min steam

Mid -Mornin g200cal

Food Item	Cooked Quantity	Raw quantity
Orange /Apple	200gm	
Dried fig	50gm	
Almonds	10gm	

Take vitamin c and zinc supplements

Lunch 400cal

Food Item	Quantity	Raw/Cooked
Rasam	150ml	50gm tomato, 30gm dal 30gm
Rice	100gm	
Salad	100gm	
Buttermilk	150ml	

Evening Snack 100cal

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM 290cal

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

Before Bed 170cal

Food Item	Cooked Quantity	Raw Quantity
Hal di milk	150ml	
black raisins	15gm	

Day 6Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 250cal

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

Take 15min steam

Mid -Morning 200cal

Food Item	Cooked Quantity	Raw quantity
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Orange <u>Dried fig</u> <u>Almonds</u>	200gm <u>50gm</u> <u>15gm</u>	
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Take vitamin C and zinc supplements

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 100cal

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

Dinner: 8 PM 330cal

Food Item	Quantity cooked	Raw Quantity
Daliya khichdi	200gm	80gm Daliya, 20gm veggies

Before Bed170cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Black raisins	15gm	

Day 7

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

Breakfast 310cal

Food Item	Cooked Quantity	Raw quantity
Vegetable vermicelli	200gm	30gm raw vermicelli , 20gm each onion, carrot, tomato,

Take 15min steam

Mid -Morning 200cal

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

Take vitamin c and zinc supplements

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 **100cal**

Food Item	Cooked Quantity	Raw quantity
Roasted chana	30gm	

Dinner: 8 PM**150cal**

Food Item	Quantity cooked	Raw Quantity
Beetroot paratha	1	30gm flour, 30gm beetroot
Veggies raita	100gm	<u>70gm curd, 30gm veggies</u>

Before Bed **170cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk + black raisins	150ml+20	