

# IMWOW

NOW & FOREVER

## Day

1

Early morning: 7 to 8 am

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

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 480cal

Food Item	Cooked quantity	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 200cal

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

Dinner: 8 PM 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
Haladi milk + black raisins	150ml + 15gm	

Take steam for 10-15 mins

## Day 2

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw
Ginger Lemon Tea	200ml	

#### Breakfast290cal

Food Item	Cooked Quantity	Raw Quantity
<u>Oats scrambled egg</u>	150gm	2 Eggs, 30gm oats, 20gm onion & carrot

#### Mid -Morning200cal

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

Ensure water intake of 3-4 litres throughout the day

#### Lunch360cal

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

#### Evening Snack200cal

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

#### Dinner: 8 PM280cal

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

#### Before Bed170cal

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

Take steam for 10-15 mins

### **Day 3**

#### Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

#### Breakfast240cal

Food Item	Cooked Quantity	Raw Quantity
Egg Sandwich	<u>1</u>	2 Multigrain Bread 2 Egg White Scrambled

#### Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day **Lunch390cal**

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

**Evening Snack200cal**

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

**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 Bed170cal**

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

Take steam for 10-15 mins

**Day 4**

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

**Breakfast270cal**

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 -Morning200cal**

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

Ensure water intake of 3-4 litres throughout the day

**Lunch400cal**

Food Item	Cooked Quantity	Raw Quantity
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Lauki Roti	1	30gm raw, 10gm onion, 20gm lauki 30gm raw
Green mung Dal	150gm	
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 tikkal sauteed veggies	250gm	100gm fish, 150gm veggies

**Before Bed 170cal**

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

Take steam for 10-15 mins

**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
Mung Dal Cheela	1	30gm mung sprouts, 20gm carrot, onion, capsicum, besan
mint chutney	15gm	

Take 15min steam

**Mid -Morning 200cal**

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

Ensure water intake of 3-4 litres throughout the day

**Lunch 400cal**

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

**Evening Snack 200cal**

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

**Dinner: 8 PM290cal**

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

**Before Bed170cal**

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

Take steam for 10-15 mins

**Day 6**

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

**Breakfast250cal**

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

Take 15min steam

**Mid -Morning200cal**

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

**Lunch350cal**

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

Ensure water intake of 3-4 litres throughout the day

**Evening Snack200cal**

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

**Dinner: 8 PM330cal**

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

**Before Bed170cal**

Food Item	Cooked Quantity	Raw Quantity

Haldi milk	150ml	
Black raisins	15gm	

Take steam for 10-15 mins

### Day 7

Early morning: 7 to 8 am

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 Dried fig Almonds	200gm 50gm 15gm	

Ensure water intake of 3-4 litres throughout the day

Lunch**460cal**

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

Evening Snack**200cal**

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

Dinner: 8 PM**150cal**

Food Item	Quantity cooked	Raw Quantity
Chicken stew	100gm	50gm chicken breast, 20ml, 10gm onion

Before Bed**170cal**

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

Take steam for 10-15 mins