



N O W & F O R E V E R

Day 1

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw quantity
Ginger Lemon Tea	200ml	

Breakfast**340cal**

Food Item	Cooked Quantity	Raw quantity
Egg Roll	2	2 Roti 60gm flour, 2 eggs

Mid -Morning**200cal**

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

Lunch**480cal**

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

Ensure water intake of 3-4 litres throughout the day

Evening Snack**200cal**

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

Dinner: 8 PM**210cal**

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

Before Bed**170cal**

Food Item	Cooked Quantity	Raw
Haldi 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	

Breakfast**340cal**

Food Item	Cooked Quantity	Raw Quantity
Vegetable Milk Upma	200gm	30gm Suji, 5gm kaju&peanut

Mid -Morning**200cal**

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

Lunch**360cal**

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

Ensure water intake of 3-4 litres throughout the day

Evening Snack**200cal**

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

Dinner: 8 PM**330cal**

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

Before Bed**170cal**

Food Item	Quantity	Raw/Cooked
Haladi 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	

Breakfast**280cal**

Food Item	Cooked Quantity	Raw Quantity
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Egg Sandwich	<u>1</u>	2 Multigrain Bread 2 Egg White Scrambled 30gm corn, 50gm Spinach
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Mid -Morning**210cal**

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

Lunch**420cal**

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

Ensure water intake of 3-4 litres throughout the day

Evening Snack**220cal**

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana</u>	<u>40gm</u>	58
<u>Rice Puffed</u>	<u>40gm</u>	<u>161cal</u>

Dinner: 8 PM**300cal**

Food Item	Cooked Quantity	Raw Quantity
Fish tikka sauteed veggies	300gm	150gm fish, 150gm veggies

Before Bed**170cal**

Food Item	Cooked Quantity	Raw Quantity
Haladi 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	

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	50gm	
Almonds	15gm	

Lunch400cal

Food Item	Cooked Quantity	Raw Quantity
Lauki Roti	1	30gm raw, 10gm onion, 20gm lauki
Green mung Dal	150gm	30gm raw
Salad	150gm	
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 PM260cal

Food Item	Cooked Quantity	Raw Quantity
Chicken Soup	300ml	100gm chicken 200gm veggies

Before Bed170cal

Food Item	Cooked Quantity	Raw quantity
Haladi 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	

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	
Dried fig	50gm	
Almonds	10gm	

Lunch420cal

Food Item	Quantity	Raw/Cooked
Egg Curry	200ml	2 eggs, 40gm each tomato onion 40gm
Rice	150gm	
Salad	150gm	
Buttermilk	150ml	

Ensure water intake of 3-4 litres throughout the day

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Roasted chana Rice</u>	<u>30gm</u>	
<u>Puffed</u>	<u>30gm</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 Bed170cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk black raisins	150ml <u>15gm</u>	

Take steam for 10-15 mins

Day 6**Early morning: 7 to 8 am**

Food Item	Cooked Quantity	Raw Quantity
Ginger Lemon Tea	200ml	

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	
<u>Dried fig</u>	<u>50gm</u>	
<u>Almonds</u>	<u>15gm</u>	

Lunch350cal

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

Ensure water intake of 3-4 litres throughout the day

Evening Snack**200cal**

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

Dinner: 8 PM**330cal**

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

Before Bed**170cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
<u>Black raisins</u>	<u>15gm</u>	

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,

Mid -Morning**200cal**

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

Lunch**460cal**

Food Item	Cooked Quantity	Raw quantity
Multigrain roti	2	60gm flour
Chicken curry	150gm	75gm beans carrot 80gm chicken, 70gm veggies

Ensure water intake of 3-4 litres throughout the day

Evening Snack**200cal**

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

Dinner: 8 PM**260cal**

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

Before Bed**170cal**

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

Take steam for 10-15 mins