

Day 8

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast300cal

Food Item	Cooked Quantity	Raw quantity
Besan Cheela Mint chutney	2 20gm	60gm Besan, 60gm veggies

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch500cal

Food Item	Cooked Quantity	Raw quantity
Multigrain roti <u>Green mung Dal</u> <u>Buttermilk</u> <u>Cucumber</u>	2 <u>150gm</u> <u>150ml</u> <u>1</u>	60gm flour <u>30gm</u>

Evening Snack200kcal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u> <u>Trail Mix</u>	<u>100gm</u> <u>15gm</u>	20gm makhana, 100gm veggies

Ensure water intake of 3-4 litres throughout the day

Dinner: 8 PM240cal

Food Item	Quantity cooked	Raw Quantity
Curd rice Cucumber	150gm 150gm	30gm rice, 50gm curd

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Dates</u>	150ml <u>2</u>	

Take steam for 10-15 mins

Day 9

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast350cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Daliya Buttermilk	150gm 250ml	50gm Dalila, 100gm veggies

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch330cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	1	30gm flour
Kala chana sabji	150gm	30gm Kala chana, 100gm veggies
Cucumber	1	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
Makhana chaat	100gm	20gm makhana, 100gm veggies
Trail Mix	15gm	

Ensure water intake of 3-4 litres throughout the day

Dinner: 8 PM365cal

Food Item	Quantity cooked	Raw Quantity
Soya Paneer stuffed paratha	1	20gm soya Flour, 10gm paneer
Curd	150gm	

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Dates	2	

Take steam for 10-15 mins

Day 10**Early morning: 7 to 8 am**

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast370cal

Food Item	Cooked Quantity	Raw quantity
Meth paratha	2	60gm Multigrain floor, 50gm methi
Bottle guard beetroot raita	150gm	100gm curd, 100gm veggies

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch440cal

Food Item	Cooked Quantity	Raw quantity
Cauliflower Rice	150gm	50gm cauliflower, 100gm veggies
Tomato curry	150gm	30gm Besan, 50gm tomato
Mixed salad	180gm	
Curd	200gm	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	

Ensure water intake of 3-4 litres throughout the day

Dinner: 8 PM235cal

Food Item	Quantity cooked	Raw Quantity
Three beans salad	150gm	25gm each Lobia, chola, rajma,

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk + dates	150ml + 2	

Take steam for 10-15 mins

Day 11

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast330cal

Food Item	Cooked Quantity	Raw quantity
Oats sattu upma	150gm	30gm each sattu, oats 100gm veggies

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch410cal

Food Item	Cooked Quantity	Raw quantity
Dal Rice Khichadi	150gm	30gm rice, 20gm dal
Mixed salad	150gm	
Curd	150gm	

Ensure water intake of 3-4 litres throughout the day

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	

Dinner: 8 PM300cal

Food Item	Quantity cooked	Raw Quantity
Multigrain Roti	1	30gm flour
Bhindi	150gm	<u>75gm Bhindi, 75gm onion</u>

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Dates	2	

Take steam for 10-15 mins

Day 12

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast360cal

Food Item	Cooked Quantity	Raw quantity
Sprouts veggies cheela	2	40gm sprouts, 20gm besan
Mint chutney	20gm	

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch430cal

Food Item	Cooked Quantity	Raw quantity
Moringa roti	1	30gm moringa, 30gm flour
Gatte ki sabji	150gm	40gm Besan, 40gm curd
Buttermilk	150ml	
Cucumber	150gm	

Ensure water intake of 3-4 litres throughout the day

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	

Dinner: 8 PM250cal

Food Item	Quantity cooked	Raw Quantity
Millet soup	200gm	60gm Millet, 40gm carrot, tomato

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Dates	<u>2</u>	

Take steam for 10-15 mins

Day 13

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast300cal

Food Item	Cooked Quantity	Raw quantity
Mung Dal tikki	3	40gm mung and onion
Mint chutney	20gm	
Buttermilk	200ml	

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch410cal

Food Item	Cooked Quantity	Raw quantity
Multigrain roti	2	60gm flour, 30gm matar 60gm Aloo
Methi matar/Aloo matar	150gm	
Cucumber Mint Raita	250ml	

Ensure water intake of 3-4 litres throughout the day

Evening Snack 200cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	

Dinner: 8 PM330cal

Food Item	Quantity cooked	Raw Quantity
Tur Dal	150gm	30gm dal 30gm rice
Rice	100gm	
Mixed salad	100gm	

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Dates	2	

Take steam for 10-15 mins

Day 14**Early morning: 7 to 8 am**

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	

Breakfast370cal

Food Item	Cooked Quantity	Raw quantity
Spinach Ravadosa	2	20gm spinach, 30gm rava
Mint chutney	20gm	
Vegetable Sambar	200gm	

Mid -Morning150cal

Food Item	Cooked Quantity	Raw quantity
Kiwi banana smoothie	200ml	20gm kiwi & banana, 50gm spinach & Greek yogurt

Lunch430cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	1	30gm flour
Soya chunks/Paneer sabji	100gm	30gm soya chunks/Paneer, 20gm
Cucumber	1	tomato

Ensure water intake of 3-4 litres throughout the day

EveningSnack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	

Dinner: 8 PM240cal

Food Item	Quantity cooked	Raw Quantity
Lentil and vegetable stew	300ml	40gm beetroot, broccoli, pumpkin, 60gm Dal, 20gm carrot

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	
Dates	2	

Take steam for 10-15 mins