

## **Day 8**

### **Early morning (50kcal)**

<b>Food Item (Any 1)</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water + figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)

### **Breakfast(350kcal)**

<b>Food Item</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Millet dosa stuffed with paneer + coconut chutney	2 pc+15gm	Dosa (20gm millet,10gm urad dal), filling (50gm paneer,50gm veggies)

### **Mid -Morning(150kcal)**

<b>Food Item (Any 1)</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

### **Lunch(400kcal)**

<b>Food Item</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Mix veg sabzi+ multigrain roti + cucumber raita	200gm+ 2 medium +200gm	(veggies any -200gm), flour-80gm, raita (100gm cucumber,100gm curd)

Take khada drink -150ml

### **Evening Snack(120kcal)**

<b>Food Item (Any 1)</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

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

### **Dinner(300kcal)**

<b>Food Item</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Quinoa salad+ steamed fish	200gm+150gm	Quinoa-40gm, veggies-160gm

### **Post Dinner(50kcal)**

<b>Food Item (Any 1)</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

### **Before Bed(180kcal)**

<b>Food Item</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 9****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(350kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Apple oats smoothie	300ml	Apple-60gm, oats-40gm, milk-180ml, nuts and mix seed each 10gm
Deviled egg+ toast + mix fruit	2 whole+ 1 slice bread +150gm	salad (fruits 100gm, nuts -10gm ,40gm yogurt)

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Egg bhurji +multigrain roti + salad +curd	200gm+2 medium +100gm + 80gm	Sabzi (1 white,1 whole,120gm veggies) + flour 80gm

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

Ensure water intake of 3-4 litres throughout the day

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Beetroot or carrot millet chilla + green chutney	2 mediums +20gm	Chilla (50gm beetroot /carrot ,50gm millet,50gm other veggies)

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 10****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Hung curd sandwich	2 sandwiches	4 slice, 100gm curd, Veggies-150gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Palak paneer rice +veggies raita	300gm+200gm	Rice(paneer-80gm, palak-80gm , rice-50gm) + raita(100gm vegies and curd each)

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

Ensure water intake of 3-4 litres throughout the day

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Roasted chicken +salad	150gm each	-

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 11****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice

Lemon peel-soaked detox water+ figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)
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### **Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Yogurt fruit bowl	300gm	Yogurt-120gm, fruit-150gm, mixed seed 15gm, nuts-15gm

### **Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

### **Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Fish curry + rice + salad	250ml+ 150gm+100gm	Curry (fish-150gm)rice-80gm

Take khada drink -150ml

### **Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

Ensure water intake of 3-4 litres throughout the day

### **Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Pasta salad	200gm	Gluten free Pasta-40gm, yogurt-50gm, cheese-20gm, veggies-150gm

### **Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

### **Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

## **Day 12**

### **Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Poached eggs with toast	2 white+1 whole+ 3 slice	-

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
chicken quinoa pulao + beetroot raita	300gm+200gm	Pulao (100gm chicken,quinoa-60gm,veggies 150gm)

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

Ensure water intake of 3-4 litres throughout the day

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Coleslaw salad + veggies soup	250gm +200ml	Salad (150gm veggies,100gm yogurt)

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 13****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Masala oats + soaked almonds and walnuts	300gm +15gm	Oats-80gm, veggies -150gm
Veggie's vermicelli + soaked almonds and walnuts	300gm+15gm	Vermicelli-80gm, veggies-150gm

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Rajma + rice + salad + curd	200gm + 150gm +150gm+ 100gm	Rajma -50gm +rice -80gm
Take khada drink -150ml		

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

Ensure water intake of 3-4 litres throughout the day

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Sweet corn mushroom stir fry with roasted chicken	200gm +150gm	Sweet corn-40gm ,mushroom-80gm,other veggies -80gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins

**Day 14****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried)	200ml+2pc	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried)	200ml+2pc	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Hummus with toast + boiled eggs	20gm+2 slice+2 white	-

**Mid -Morning(150kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	200gm+3 pc+6 pc	-
Soaked or kala chana salad (add lemon juice)	180gm	Salad- 20gm chana ,150gm salad

**Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
cauliflower sabzi + dal+ multigrain roti +salad +curd	150gm+150ml+2 medium+100gm+100gm	Dal-40gm+flour-80gm

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink	250ml	30gm sattu, in water
Butter milk with roasted chana	200ml+10gm	50gm curd in water

Ensure water intake of 3-4 litres throughout the day

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Falafel wrap	1 Whole medium size	Flour-50gm,veggies 100gm,chickpea-40gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+10gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +10gm	2 gm each ingredient in 300ml water (boil it)

**Before Bed(180kcal)**

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	200ml+5 pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 15 mins