

## Day 8

### Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

### Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Millet dosa stuffed with paneer + coconut chutney	3 pc+15gm	Dosa (30gm millet,20gm urad dal), filling (50gm paneer,50gm veggies)

Ensure water intake of 3-4 litres throughout the day

### 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
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(170kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

### Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Quinoa salad	250gm	Quinoa-50gm, 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 9

**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

**Breakfast(400kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Apple oats smoothie	350ml	Apple-90gm, oats-40gm, milk-200ml, nuts and mix seed each 10gm
Veggies poha +mix fruit nuts salad	200gm+150gm	Poha (40gm poha,120gm veggies) + salad (fruits 100gm, nuts -10gm ,40gm yogurt)

Ensure water intake of 3-4 litres throughout the day

**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
Paneer sabzi +multigrain roti + salad +curd	200gm+2 medium +100gm + 80gm	Sabzi (80gm paneer,120gm veggies) + flour 80gm

Take khada drink -150ml

**Evening Snack(170kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

**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 (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

### Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Hung curd sandwich	2 sandwiches	4 slice, 100gm curd, Veggies-150gm ,cheese 15gm

Ensure water intake of 3-4 litres throughout the day

### 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(170kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

### Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggie's rajma tikki +green chutney +salad	4 pc +20gm+ 150gm	Tikki (100gm veggies ,40gm rajma , 20 gm besan )

### 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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Yogurt fruit bowl	350gm	Yogurt-150gm, fruit-160gm, mixed seed 15gm, nuts-15gm, peanutbutter-10gm

Ensure water intake of 3-4 litres throughout the day

#### **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
Buttermilk curry + rice +moong salad	250ml+ 150gm+200gm	Curry (buttermilk-250ml, besan-20gm) + rice-80gm+ salad (30gm moong,150gm salad)

Take khada drink -150ml

#### **Evening Snack(170kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

#### **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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mix berries smoothie + peanut butter with rice crackers	300ml+20gm+2 slice	Smoothie (berries-100gm, milk 200gm)

Ensure water intake of 3-4 litres throughout the day

#### **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
Paneer quinoa pulao + beetroot raita	300gm+200gm	Pulao (60gm paneer, quinoa-60gm, veggies 150gm)

Take khada drink -150ml

#### **Evening Snack(170kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

#### **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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Masala oats + soaked almonds and walnuts	350gm +15gm	Oats-100gm, veggies -150gm
Veggie's vermicelli + soaked almonds and walnuts	350gm+15gm	Vermicelli-100gm, veggies-150gm

Ensure water intake of 3-4 litres throughout the day

#### **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(170kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

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

Food Item	Cooked Quantity	Raw Quantity
Sweet corn mushroom stir fry with roasted paneer/tofu	200gm +100gm	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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Ginger lemon tea + figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Boil grated ginger (3gm) in water, add lemon juice
Lemon peel-soaked detox water+ figs (dried) +soaked almonds +walnuts	200ml+2pc+5 pc + 5 half's	Soak lemon peel in water for 6-8 hours (in glass container)

#### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Humus with toast + kiwi pineapple smoothie	50gm+3 slice+300ml	Smoothie (100gm each with water,10gm chia seeds)

Ensure water intake of 3-4 litres throughout the day

#### **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(170kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Sattu drink + soaked black raisins +roasted makhana	250ml+5pc+10gm	30gm sattu, in water
Butter milk with roasted chana + soaked black raisins +roasted makhana	200ml+10gm+5pc+10gm	50gm curd in water

#### **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