

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)

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+ steamed fish	200gm+150gm	Quinoa-40gm, veggies-160gm

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 10-15 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
Deviled egg+ toast + mix fruit	2 whole+ 2 slice bread +200gm	salad (fruits 150gm, 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
Egg bhurji +multigrain roti + salad +curd	200gm+2 medium +100gm + 80gm	Sabzi (1 white,1 whole,120gm veggies) + flour 80gm

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 10-15 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)

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
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 10-15 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
Fish curry + rice + salad	250ml+ 150gm+100gm	Curry (fish-150gm) rice-80gm

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 10-15 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
Poached eggs with toast	2 white+2 whole+ 4 slice	-

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
chicken quinoa pulao + beetroot raita	300gm+200gm	Pulao (100gm chicken, quinoa-60gm, veggies 150gm)

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 10-15 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

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 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 10-15 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 + boiled eggs	20gm+2 slice+2 white ,1 whole	-

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

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 10-15 mins