

Day 8

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast**500cal**

Food Item	Cooked Quantity	Raw quantity
Besan Cheela	2	60gm Besan, 60gm veggies
Mint chutney	20gm	
Banana	1 (medium)	
Peanut Butter	1tbsp	

Mid -Morning**150cal**

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

Ensure water intake of 3-4 litres throughout the day

Lunch**500cal**

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

Evening Snack**200kcal**

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 PM**240cal**

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

Before Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Dates</u>	<u>2</u>	

Take steam for 10-15 mins

Day 9

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast350cal

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

Mid -Morning150cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch330cal

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	
<u>Banana</u>	<u>1 (medium)</u>	
<u>Peanut Butter</u>	<u>1tbsp</u>	

Dinner: 8 PM365cal

Food Item	Quantity cooked	Raw Quantity
Grilled Chicken with Black eyed bean Salad	200gm	80gm Chicken, Black eyed beans 50gm, 70gm Veggies

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
Dates	<u>2</u>	

Take steam for 10-15 mins

Day 10

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast370cal

Food Item	Cooked Quantity	Raw quantity
Methi 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

Ensure water intake of 3-4 litres throughout the day

Lunch**440cal**

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

Evening Snack**400cal**

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	
<u>Banana</u>	<u>1 (medium)</u>	
<u>Peanut Butter (unsalted)</u>	<u>1tbsp</u>	

Dinner: 8 PM**230cal**

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

Before Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haladi milk + dates	200ml + 2	

Take steam for 10-15 mins

Day 11

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast**530cal**

Food Item	Cooked Quantity	Raw quantity
Oats sattu upma	150gm	30gm each sattu, oats 100gm veggies
Banana	1(medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning**150cal**

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

Ensure water intake of 3-4 litres throughout the day

Lunch**410cal**

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

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 Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
Dates	2	

Take steam for 10-15 mins

Day 12

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds		
Walnut	5pc	
Pine nuts	2half	
	<u>10g</u>	

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

Ensure water intake of 3-4 litres throughout the day

Lunch430cal

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM250cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk	200ml	
Dates	<u>2</u>	

Take steam for 10-15 mins

Day 13

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

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

Ensure water intake of 3-4 litres throughout the day

Lunch410cal

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

Evening Snack 400cal

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	
Banana	<u>1</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM330cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk	200ml	
Dates	2	

Take steam for 10-15 mins

Day 14Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Herbal Tea	200ml	
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast**370cal**

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

Mid -Morning**150cal**

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

Ensure water intake of 3-4 litres throughout the dayLunch**430cal**

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

EveningSnack**400cal**

Food Item	Cooked Quantity	Raw quantity
<u>Makhana chaat</u>	<u>100gm</u>	20gm makhana, 100gm veggies
<u>Trail Mix</u>	<u>15gm</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM**240cal**

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

Before Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
Dates	2	

Take steam for 10-15 mins