

Day 8

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
Millet dosa stuffed with paneer + coconut chutney	2 pc+15gm	Dosa (20gm millet,10gm urad dal), filling (50gm paneer,50gm veggies)

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix veg sabzi+ multigrain roti + cucumber raita	200gm+ 2 medium +160gm	(veggies any -200gm), flour-60gm, raita (80gm cucumber,80gm curd)

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

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Quinoa salad	200gm	Quinoa-40gm,veggies-120gm

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 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)

Take steam for 15 mins

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
Veggies poha +mix fruit nuts salad	150gm+150gm	Poha (30gm poha,100gm veggies) + salad (fruits 100gm, nuts -10gm ,40gm yogurt)

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer sabzi +multigrain roti + salad +curd	200gm+2 medium +100gm + 80gm	Sabzi (60gm paneer,150gm veggies) + flour 60gm

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

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Beetroot or carrot millet chilla + green chutney	2 mediums +20gm	Chilla (40gm beetroot /carrot ,30gm millet,50gm other veggies)

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 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)

Take steam for 15 mins

Breakfast(350kcal)

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

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Palak paneer rice +veggies raita	250gm+160gm	Rice(paneer-60gm, palak-80gm , rice-40gm) + raita(80gm 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

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(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 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)

Breakfast(350kcal)

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

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Buttermilk curry + rice +moong salad	200ml+ 120gm+200gm	Curry (buttermilk-200ml, besan-20gm)+ rice-60gm+ salad(30gm moong,150gm salad)

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

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Pasta salad	180gm	Gluten free Pasta-30gm, yogurt-40gm, cheese-15gm, veggies-150gm

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 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)

Take steam for 15 mins

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix berries smoothie + peanut butter with rice crackers	300ml+10gm+1 slice	Smoothie (berries-100gm,milk 200gm)

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer quinoa pulao + beetroot raita	250gm+160gm	Pulao (50gm paneer,quinoa-40gm,veggies 150gm)+ (80 gm each beet and curd)

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

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Coleslaw salad + veggies soup	200gm +150ml	Salad (120gm veggies,80gm yogurt)

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 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)

Take steam for 15 mins

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

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Rajma + rice + salad + curd	160gm + 120gm +150gm+ 100gm	Rajma -40gm +rice -60gm

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

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Sweet corn mushroom stir fry with roasted paneer/tofu	180gm +80gm	Sweet corn-30gm ,mushroom-70gm,other veggies -80gm

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 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)

Take steam for 15 mins

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Humus with toast + kiwi pineapple smoothie	40gm+2 slice+300ml	Smoothie (100gm each with water,10gm chia seeds)

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any citrus fruit +dates +soaked black raisins	150gm+2 pc+4 pc	-
Soaked or kala chana salad (add lemon juice)	130gm	Salad- 15gm chana ,100gm salad

Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
cauliflower sabzi + dal+ multigrain roti +salad +curd	150gm+150ml+2 medium+100gm+100gm	Dal-30gm+flour-60gm

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

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Falafel wrap	1 Whole medium size	Flour-40gm,veggies 80gm,chickpea-30gm

Post Dinner(20kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Cinnamon water+ mixed seeds	200ml+5gm	2 gm in 300ml water (boil it)
Jeera ajwain water+ mixed seeds	200ml +5gm	2 gm each ingredient in 300ml water (boil it)

Before Bed(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + cashew	150ml+5 pc	2.5 gm each ingredient in 150ml milk (boil it properly)

Take steam for 10-15 mins