

Day 15

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeera in 1 cup water)

Breakfast 150cal

Food Item	Cooked Quantity	Raw quantity
Sabudana Dosa Mint chutney	2 20gm	60gm sabudana

Mid -Morning 210cal

Food Item	Cooked Quantity	Raw quantity
Pineapple Mix seeds	200gm 20gm	Sunflower seeds, pumpkin seeds, watermelon seeds, sesame seeds

Ensure water intake (3-4 litres)

Lunch 410 Cal

Food Item	Cooked Quantity	Raw quantity
Rajma Rice Mixed salad Buttermilk	150 100gm 150 150ml	30gm Rajma, 100gm veggies 30gm

Evening Snack 150 Cal

Food Item	Cooked Quantity	Raw quantity
Peanut salad Coconut water	50gm 200ml	20gm peanut , 10gm tomato & onion

Dinner: 8 PM 270cal

Food Item	Quantity cooked	Raw Quantity
Moong dal tikki Tomato sauce	4 pc 10gm	40gm moong dal and onion

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk	150ml	

<u>Walnuts</u>	<u>15gm</u>	
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Take steam 10-15 mins

Day 16

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	150ml	(Boil 1tsp Ajwain + Jeera with 1 cup water)

Breakfast 235 Cal

Food Item	Cooked Quantity	Raw quantity
Dal Paratha	1	30gm yellow mung Dal, 30gm flour
Curd	100gm	

Mid -Morning 210cal

Food Item	Cooked Quantity	Raw quantity
Pineapple	200gm	
Mix seeds	20gm	

Ensure water intake (3-4 litres)

Lunch 380cal

Food Item	Cooked Quantity	Raw quantity
Ragi Idli	2	30gm Ragi&Suji, 20gm curd 30gm Dal, 100gm veggies
Sambhar Mint	100gm	
chutney	25gm	

Evening Snack 150 Cal

Food Item	Cooked Quantity	Raw quantity
Peanut salad	50gm	20gm peanut , 10gm tomato & onion
Coconut water	200ml	

Dinner: 8 PM 215cal

Food Item	Quantity cooked	Raw Quantity
Sprouts salad	150gm	20gm moong & chana each, 100gm veggies

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Walnuts	150ml 15gm	

Take steam 10-15mins

Day 17 Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	150ml	(Boil 1tsp Ajwain + Jeera with 1 cup water)

Breakfast 250

Food Item	Cooked Quantity	Raw quantity
Poha	150gm	30gmPoha10gm each onion, tomato, peas, carrot

Mid -Morning 210cal

Food Item	Cooked Quantity	Raw quantity
Pineapple Mix seeds	200gm 20gm	Sunflower seeds, pumpkin seeds, watermelon seeds

Ensure water intake (3-4 litres per day)

Lunch 450cal

Food Item	Cooked Quantity	Raw quantity
Chicken Wrap	1 large	40gm flour, 80gm Chicken, 30gm veggies

Evening Snack 150cal

Food Item	Cooked Quantity	Raw quantity
Peanut salad Coconut water	50gm 200ml	20gm peanut , 10gm tomato & onion

Dinner: 8 PM 120cal

Food Item	Quantity cooked	Raw Quantity
Mix Vegetable soup	250gm	100gm carrot, 40gm onion

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Walnuts</u>	150ml <u>15gm</u>	

Take steam 10-15 minutes

Day 18

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	150ml	(Boil 1tsp Ajwain + Jeera with 1 cup water)

Breakfast 280cal

Food Item	Cooked Quantity	Raw quantity
OatsPoha/Vegetable poha	150gm	30gm oats/Poha20gm each onion, peas, carrot

Mid -Morning 210cal

Food Item	Cooked Quantity	Raw quantity
Pineapple Mix seeds	200gm 20gm	Sunflower seeds, pumpkin seeds, watermelon seeds

Ensure water intake (3-4 litres per day)

Lunch 400cal

Food Item	Cooked Quantity	Raw quantity
Sattu Roti	1	20gm sattu, 30gm flour, 10gm onion
Lauki Chana dal sabji	150gm	50gm lauki, 30gm dal

Evening Snack 150 Cal

Food Item	Cooked Quantity	Raw quantity
Peanut salad	50gm	20gm peanut , 10gm tomato & onion
Coconut water	200ml	

Dinner: 8 PM 150cal

Food Item	Quantity cooked	Raw Quantity
Vegetable Rice	100gm	30gm rice, 100gm veggies
Cucumber raita	150gm	50gm cucumber raita

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Walnuts</u>	150ml <u>15gm</u>	

Take steam 10-15 minutes

Day 19 Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	150ml	(Boil 1tsp Ajwain + Jeera with 1 cup water)

Breakfast315cal

Food Item	Cooked Quantity	Raw quantity
LaukiParatha Curd	2 100gm	60gm Carrot & flour

Mid -Morning210cal

Food Item	Cooked Quantity	Raw quantity
Pineapple Mix seeds	200gm 20gm	Sunflower seeds, pumpkin seeds, watermelon seeds

Ensure water intake (3-4 litres per day)**Lunch**350cal

Food Item	Cooked Quantity	Raw quantity
Broccoli pudina rice Dal tadka	160gm 150ml	100gm broccoli, 30gm rice 30gm dal

Evening Snack150cal

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u> Coconut water	<u>50gm</u> 200ml	20gm peanut , 10gm tomato & onion

Dinner: 8 PM165cal

Food Item	Quantity cooked	Raw Quantity
Chicken Salad	200gm 20gm	100gm Chicken Breast + 100gm Veggies

Before Bed**210cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Walnuts</u>	150ml <u>15gm</u>	

Take steam 10-15 mins

Day 20

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	150ml	(Boil 1tsp Ajwain + Jeera with 1 cup water)

Breakfast **230cal**

Food Item	Cooked Quantity	Raw quantity
Idli Coconut chutney	3 15gm	20gm rice, 10gm dal 10gm Coconot, 10gm curd, 5gm chana

Mid -Morning**210cal**

Food Item	Cooked Quantity	Raw quantity
Pineapple Mix seeds	200gm 20gm	Sunflower seeds, pumpkin seeds, watermelon seeds

Ensure water intake (3-4 litres per day)

Lunch**400cal**

Food Item	Cooked Quantity	Raw quantity
Chola Rice	150gm 150gm	30gm chola, 100gm veggies 30gm rice

Evening Snack **150cal**

Food Item	Cooked Quantity	Raw quantity
Peanut salad Coconut water	50gm 200ml	20gm peanut , 10gm tomato & onion

Dinner: 8 PM**200cal**

Food Item	Quantity cooked	Raw Quantity
Sauteed mushrooms bell pepper salad	200gm	100gm mushrooms, 100gm veggies 100gm tomato

Tomato soup	200ml	
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Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Walnuts</u>	150ml <u>15gm</u>	

Take steam 10-15 mins

Day 21 Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	150ml	(Boil 1tsp Ajwain + Jeera with 1 cup water)

Breakfast 200cal

Food Item	Cooked Quantity	Raw quantity
Besan Cheela with added veggies Mint chutney	1 15gm	30gm Besan

Mid -Morning210cal

Food Item	Cooked Quantity	Raw quantity
Pineapple Mix seeds	200gm 20gm	Sunflower seeds, pumpkin seeds, watermelon seeds

Ensure water intake 3-4 litres per day

Lunch 300cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Cabbage peas sabji Salad	2 150gm 150gm	60gm flour 100gm Cabbage, 30gm peas 20gm tomato

Evening Snack150cal

Food Item	Cooked Quantity	Raw quantity
Peanut salad Coconut water	50gm 200ml	20gm peanut , 10gm tomato & onion

Dinner: 8 PM **330cal**

Food Item	Quantity cooked	Raw Quantity
Multi grain Roti Bhindi/Turai	2 100gm	30gm flour

Before Bed **210cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Walnuts</u>	150ml <u>15gm</u>	

Take steam (10-15 minutes)