

Day 15

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Guacamole with toast +mix fruits	50gm +3 slices +200gm	

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Take khada drink -150ml

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken curry +rice + stir fry veggies +curd	250ml+150gm+200gm+100gm	Chicken-150gm + rice-80gm

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
fish tikka with veggies	300gm	100gm fish, 200gm veggies

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins

Day 16**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggies uthappam +coconut chutney	3 mediums +20gm	Rava-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 veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Steamed quinoa + kidney bean salad +curd /yogurt	150gm+250gm+100gm	Quinoa-80gm, beans-40gm, salad-150gm

Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water (10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
minestrone soup + egg salad	300ml +200gm	Soup (30gm gluten free pasta, 150gm veggies) + salad (3 white,120gm salad)

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins

Day 17

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix fruit bowl +scrambled eggs	250gm +2 white,2 whole	-

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer chick pea wrap +veggies raita	1 whole medium size	Wrap (Flour-60gm, paneer-40gm, chick pea-20gm, veggies-120gm) + raita (100gm each veggies and curd)

Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Greek chicken +salad	150gm +200gm	-

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins

Day 18

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Avocado mango toast	4 slices	Avocado-80gm, mango-80gm, 100gm other veggies ,4 slice bread

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Bean's quinoa salad +curd/yogurt	300gm +100gm	40gm bean,50gm quinoa ,150gm veggies

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water (10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken avocado lettuce wrap	3pc	Chicken-100gm, avocado-100gm, veggies-50gm, lettuce-80gm

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins

Day 19

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Chia pudding	350gm	Chia seeds-15gm, milk-180ml,any fruit-150gm ,walnuts-15gm

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Chapatti noodles + carrot raita	250gm+200gm	Flour-80gm, veggies-180gm+ raita (100gm each carrot and curd)

- Take khada drink -150ml

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water (10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Green moong dal dosa + coconut chutney	3 plain paper dosa +25gm	Dosa (moong dal -30gm, rice 40gm)

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins

Day 20**Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Peanut butter apple oats smoothie	300ml	Butter-10gm,apple-100gm,milk-180ml,oats-20gm

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Tuna sandwich	2 sandwiches	Tuna -80gm, veggies-100gm,4 slice bread, curd 50gm

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water (10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Lemon coriander soup + hara bhara kebab	200ml+ 4 pc	Kebab (moong dal-40gm, besan-20gm, veggies-100gm)

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins

Day 21

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds + walnuts+ cashew	200ml+8pc+ 5halfs +4pc	-

Breakfast(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Oats sattu upma	300gm	Oats-40gm, sattu-40gm, veggies-150gm

Ensure water intake of 3-4 litres throughout the day

Mid -Morning(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	300gm	100gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	300gm	-

Lunch(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Dal+ bhindi sabzi+ multigrain roti +salad+ curd	150gm+150gm+2 mediums+100gm+100gm	Dal-40gm + flour-80gm

Evening Snack(150kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	250ml	30gm in 220ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	20gm+20gm+200ml	Lemon water(10gm chia seed)

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Cauliflower rice +fish curry	200gm+250gm	Fish-150gm

Post Dinner(50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea + figs(dried)	150ml +2pc	-
Ginger lemon tea + figs(dried)	150ml +2pc	Boil grated ginger (3gm) in water, add lemon juice

Before Bed(200kcal)

Food Item	Cooked Quantity	Raw Quantity
Turmeric pepper milk + sesame seeds and dates	200ml+5gm+2pc	2.5 gm each ingredient in 200ml milk (boil it properly)

Take steam for 10-15 mins