

Day 15Early morning: 7 to 8 am

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

Breakfast150cal

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

Mid -Morning210cal

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 per dayLunch 410 Cal

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

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 PM270cal

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

Before Bed210cal

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

Day 16Early morning: 7 to 8 am

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

Breakfast235cal

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

Mid -Morning210cal

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

Ensure water intake 3-4 litres per day

Lunch 380 Cal

Food Item	Cooked Quantity	Raw quantity
Ragi Idli	2	30gm Ragi&Suji, 20gm curd 30gm Dal, 100gm veggies
Sambhar	100gm	
Mint 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 Bed210cal

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

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 -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

Lunch450cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Capsicum Besan sabji Buttermilk Green salad	2 150gm 150ml 100gm	60gm flour 100gm capsicum, 30gm Besan, 10gm onion, 5gm peanuts

Evening Snack 150cal

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

Dinner: 8 PM120cal

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

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	

Walnuts	15gm	
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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 -Morning210cal

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

Ensure water intake 3-4 litres per day**Lunch400cal**

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

Evening Snack150cal

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

Dinner: 8 PM150cal

Food Item	Quantity cooked	Raw Quantity
Vegetable Rice	100gm	30gm rice, 100gm veggies

Cucumber raita	150gm	50gm cucumber raita
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Before Bed**210cal**

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

Day 19

Early morning: 7 to 8 am

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

Breakfast**315cal**

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

Take 15min steam

Mid -Morning**210cal**

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

Ensure water intake 3-4 litres per day

Lunch**350cal**

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

Evening Snack**150cal**

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

Dinner: 8 PM165cal

Food Item	Quantity cooked	Raw Quantity
Paper dosa Mint chutney	2 20gm	20gm rice, 10gm urad dal

Before Bed210cal

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

Day 20

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

Breakfast230cal

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

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**Lunch400cal**

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

Evening Snack 150 Cal

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 Tomato soup	200gm 200ml	100gm mushrooms, 100gm veggies 100gm tomato

Before Bed 210cal

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

Day 21 Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1 tsp 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 -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 300cal**

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

Evening Snack 150cal

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

Dinner: 8 PM330cal

Food Item	Quantity cooked	Raw Quantity
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Multiple Roti Bhindi/Turai	2 100gm	30gm flour
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Before Bed210cal

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