

Day 15

Early morning: 7 to 8 am(160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast300cal

Food Item	Cooked Quantity	Raw quantity
Sabudana Dosa	2	60gm sabudana
Mint chutney	20gm	
Sambar	200gm	
Buttermilk	150ml	

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch410cal

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u>	<u>60gm</u>	30gm peanut, 10gm tomato & onion
<u>Coconut water</u>	<u>240ml</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM270cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Walnuts</u>	<u>15gm</u>	

Take steam for 10-15 mins

Day 16Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast**535cal**

Food Item	Cooked Quantity	Raw quantity
Dal Paratha	2	60gm yellow mung Dal,60gm flour
Curd	150gm	
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning**210cal**

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

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

Food Item	Cooked Quantity	Raw quantity
Ragiidli	2	30gm Ragi & Suji, 20gm curd 30gm Dal, 100gm veggies
Sambhar	100gm	
Mint chutney	25gm	
Cucumber	1	

Evening Snack**200cal**

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u>	<u>60gm</u>	30gm peanut , 10gm tomato & onion
<u>Coconut water</u>	<u>240ml</u>	

Dinner: 8 PM**215cal**

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

Before Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Hal di milk	200ml	
<u>Walnuts</u>	<u>15gm</u>	

Take steam for 10-15 mins**Day 17**Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast 550kcal

Food Item	Cooked Quantity	Raw quantity
Poha	150gm	30gmPoha10gm each onion, tomato, peas, carrot
Buttermilk	250	
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch480cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour 100gm capsicum, 30gm Besan, 10gm onion, 5gm peanuts
Capsicum Besan sabji	150gm	
Buttermilk	150ml	
Green salad	130gm	

Evening Snack210cal

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u>	<u>70gm</u>	40gm peanut, 20gm tomato & onion
<u>Coconut water</u>	<u>240ml</u>	

Dinner: 8 PM140cal

Food Item	Quantity cooked	Raw Quantity
Mix Vegetable soup	270gm	120gm carrot, 40gm onion

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Walnuts</u>	<u>15gm</u>	

Take steam for 10-15 mins

Day 18

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast 380cal

Food Item	Cooked Quantity	Raw quantity
Oats Poha/Vegetable poha	150gm	30gm oats/Poha20gm each onion, peas, carrot
Buttermilk	250gm	
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch450cal

Food Item	Cooked Quantity	Raw quantity
Sattu Roti	1	20gm sattu, 30gm flour, 10gm onion 50gm lauki, 30gm dal
Lauki Chana dal Sabji	150gm	
Cucumber	1 (large)	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u>	<u>60gm</u>	30gm peanut, 10gm tomato & onion
<u>Coconut water</u>	<u>240ml</u>	

Dinner: 8 PM150cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Walnuts</u>	<u>15gm</u>	

Take steam for 10-15 mins

Day 19

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast515cal

Food Item	Cooked Quantity	Raw quantity
Lauki Paratha	2	60gm Lauki & flour
Curd	100gm	
Banana	1(medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch455cal

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

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
Peanut salad	60gm	30gm peanut, 10gm tomato & onion
Coconut water	240ml	

Dinner: 8 PM210cal

Food Item	Quantity cooked	Raw Quantity
Vegetable Rice	150gm	40gm rice, 110gm veggies
Cucumber raita	150gm	50gm cucumber raita

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
Walnuts	15gm	

Take steam for 10-15 mins

Day 20

Early Morning 7 to 8 (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	10g	

Breakfast330cal

Food Item	Cooked Quantity	Raw quantity
Idli	3	20gm rice, 10gm dal
Coconut chutney	15gm	10gm Coconut, 10gm curd, 5gm chana
Vegetable Sambar	200gm	30gm dal, 100gm veggies

Mid –Morning410cal

Food Item	Cooked Quantity	Raw quantity
Pineapple	200gm	Sunflower seeds, pumpkin seeds, watermelon seeds
Mix seeds	20gm	
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Ensure water intake of 3-4 litres throughout the day

Lunch450cal

Food Item	Cooked Quantity	Raw quantity
Chola	150gm	30gm chola, 100gm veggies
Rice	150gm	30gm rice
Carrot + Cucumber	1 (each)	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u>	<u>60gm</u>	30gm peanut, 10gm tomato & onion
<u>Coconut water</u>	<u>240ml</u>	

Dinner: 8 PM200cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Walnuts</u>	<u>15gm</u>	

Take steam for 10-15 mins

Day 21

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ajwain Jeera Water	150ml	(Boil 1tsp Ajwain + Jeerawith 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast500cal

Food Item	Cooked Quantity	Raw quantity
Besan Cheela with added veggies	2	30gm Besan
Mint chutney	15gm	
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning210cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch350cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour 100gm Cabbage, 30gm peas 20gm tomato
Cabbage peas sabji	150gm	
Salad	200gm	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Peanut salad</u>	<u>60gm</u>	30gm peanut, 10gm tomato & onion
<u>Coconut water</u>	<u>240ml</u>	

Dinner: 8 PM**330cal**

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

Before Bed**250cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Walnuts</u>	<u>15gm</u>	

Take steam for 10-15 mins