

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	

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(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Moong dal +rice + stir fry veggies +curd	250ml+180gm+200gm+100gm	Dal-60gm + rice-100gm

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)

Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer tikka with veggies	350gm	150gm paneer, 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
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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 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

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(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Steamed quinoa + kidney bean salad +curd /yogurt	180gm+250gm+100gm	Quinoa-100gm, beans-60gm, 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)
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Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
minestrone soup + moong sprouts salad	350ml +250gm	Soup (60gm gluten free pasta, 150gm veggies)+ salad (60gm moong,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 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 + chana sprouts salad	250gm +250gm	Salad-40gm,150gm salad

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	-
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Lunch(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer chick pea wrap +veggies raita	1 whole + ½	Wrap (Flour-80gm,paneer 60gm,chick pea-30gm,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)

Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggie's moong dal daliya khichdi +salad	350gm+150gm	Veggies-150gm, dal-50gm, daliya 50gm

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 15 mins

Day 18

Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
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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

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(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Bean's quinoa salad +curd/yogurt	350gm +120gm	40gm bean,80gm quinoa ,150gm veggies

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(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Carrot broccoli stir fry with feta cheese +tomato soup	300gm +200ml	100gm each carrot and broccoli +80gm feta cheese

Ensure water intake 3-4 litres per day

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 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

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(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Chapati noodles + carrot raita	300gm+200gm	Flour-100gm,veggies-220gm+ 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)

Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Green moong dal dosa + coconut chutney	4 plain paper dosa +25gm	Dosa (moong dal -40gm, rice 60gm)

Ensure water intake 3-4 litres per day

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 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

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(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Chick pea sandwich	2 sandwiches	Chick pea-40gm, veggies-100gm,4 slice bread ,curd 80gm

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(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Lemon coriander soup + hara bhara kebab	200ml+ 6 pc	Kebab (moong dal-60gm,besan 30gm,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

Ensure water intake 3-4 litres per day

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 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,vegetables 150gm

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(500kcal)

Food Item	Cooked Quantity	Raw Quantity
Dal+ bhindi sabzi+ multigrain roti +salad+ curd	150gm+150gm+3 mediums+100gm+100gm	Dal-50gm + flour-100gm

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)

Ensure water intake 3-4 litres per day

Dinner(400kcal)

Food Item	Cooked Quantity	Raw Quantity
Cauliflower rice +tomato curry + paneer salad	200gm+150gm+200gm	Salad(80gm paneer,120gm 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 15 mins