

Day 15Early morning: 7 to 8 am

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

Breakfast**200cal**

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

Mid -Morning**210cal**

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 dayLunch**410cal**

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

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**270cal**

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

Before Bed**210cal**

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

Take steam for 10-15 mins**Day 16**Early morning: 7 to 8 am

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

Breakfast**235cal**

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	Sunflower seeds, pumpkin seeds, watermelon seeds
Mix seeds	20gm	

Ensure water intake of 3-4 litres throughout the day

Lunch**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**210cal**

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

Take steam for 10-15 mins

Day 17

Early morning: 7 to 8 am

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

Breakfast **250cal**

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

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 day

Lunch**480cal**

Food Item	Cooked Quantity	Raw quantity
Chicken Wrap	1 large	40gm flour, 80gm Chicken, 50gm veggies

Evening Snack**210cal**

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 PM**140cal**

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

Before Bed**210cal**

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

Take steam for 10-15 mins

Day 18

Early morning: 7 to 8 am

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

Breakfast **280cal**

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

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 day

Lunch**450cal**

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 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**150cal**

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

Before Bed**210cal**

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

Take steam for 10-15 mins

Day 19

Early morning: 7 to 8 am

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

Breakfast**315cal**

Food Item	Cooked Quantity	Raw quantity
Lauki Paratha	2	60gm Lauki & flour
Curd	100gm	

Mid -Morning**210cal**

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

Ensure water intake of 3-4 litres throughout the day

Lunch**400cal**

Food Item	Cooked Quantity	Raw quantity
Broccoli pudina rice	160gm	100gm broccoli, 30gm rice
Dal tadka	150ml	30gm dal
Cucumber + Carrot	1 (each)	

Evening Snack**200cal**

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

Dinner: 8 PM**165cal**

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

Before Bed**210cal**

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

Take steam for 10-15 mins

Day 20

Early morning: 7 to 8 am

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

Breakfast**230cal**

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

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 day

Lunch**450cal**

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

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**200cal**

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

Before Bed**210cal**

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

Take steam for 10-15 mins

Day 21

Early morning: 7 to 8 am

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

Breakfast**200cal**

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

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 day

Lunch**350cal**

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

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 PM330cal

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

Before Bed210cal

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

Take steam for 10-15 mins