

Day 15Early morning: 7 to 8 am

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

Breakfast 200cal

Food Item	Cooked Quantity	Raw quantity
SabudanaDosa	2	60gm sabudana
Mint chutney	20gm	
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 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
Peanut salad	60gm	30gm peanut , 10gm tomato & onion
Coconut water	240ml	

Dinner: 8 PM 270cal

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

Before Bed210cal

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

Day 16Early morning: 7 to 8 am

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

Breakfast 235 Cal

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

Ensure water intake of 3-4 litres throughout the day

Mid -Morning 210cal

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

Lunch 430cal

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

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	
Walnuts	15gm	

Take steam for 10-15 mins

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_cal

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

Ensure water intake of 3-4 litres throughout the day

Mid -Morning 210cal

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

Lunch 480cal

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

Evening Snack 210 Cal

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

Dinner: 8 PM140cal

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

Before Bed210cal

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

Take steam for 10-15 mins

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

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
Lauki Chana dal Sabji	150gm	50gm lauki, 30gm dal
Cucumber	1 (large)	

Evening Snack 200cal

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

Dinner: 8 PM150cal

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

Before Bed210cal

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

Take steam 10-15 mins**Day 19**Early morning: 7 to 8 am

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

Breakfast315cal

Food Item	Cooked Quantity	Raw quantity
LaukiParatha	2	60gm Lauki & 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 of 3-4 litres throughout the dayLunch400cal

Food Item	Cooked Quantity	Raw quantity
Broccoli pudina rice	160gm	100gm broccoli, 30gm rice 30gm dal
Dal tadka	150ml	
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 PM165cal

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

Before Bed 210cal

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

Take steam 10 -15 mins

Day 20

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	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 Coconot, 10gm curd, 5gm chana

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
Chola	150gm	30gm chola, 100gm veggies
Rice	150gm	30gm rice
Carrot + Cucumber	1 (each)	

Evening Snack 200cal

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

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 Bed210cal

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

Take steam for 10-15 mins

Day 21Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
AjwainJeeraWater	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	

Ensure water intake of 3-4 litres throughout the day

Mid -Morning 210cal

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

Lunch 350 Cal

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

Evening Snack 200cal

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

Dinner: 8 PM 330cal

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

Before Bed 210cal

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

Take steam 10-15 mins