

Day 15

Early morning (50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Guacamole with toast +mix fruits	30gm +2 slices +200gm	

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken curry +rice + stir fry veggies +curd	200ml+120gm+200gm+100gm	Chicken-100gm + rice-60gm

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(250kcal)

Food Item	Cooked Quantity	Raw Quantity
fish tikka with veggies	200gm	100gm fish, 100gm veggies

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins

Day 16

Early morning (50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggies uthappam +coconut chutney	2 mediums +20gm	Rava-80gm,veggies-150gm

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Steamed quinoa + kidney bean salad +curd /yogurt	120gm+250gm+100gm	Quinoa-60gm, beans-30gm, 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)

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
minestrone soup + egg salad	250ml +150gm	Soup (20gm gluten free pasta, 120gm veggies) + salad (2 white,120gm salad)

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins

Day 17

Early morning (50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Mix fruit bowl +scrambled eggs	200gm +3 white,1 whole	-

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Paneer chick pea wrap +veggies raita	1 whole medium size +160gm	Wrap (Flour-40gm,paneer-30gm,chick pea-20gm,veggies-120gm) + raita (80gm 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)

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggie's moong dal daliya khichdi +salad	250gm+150gm	Veggies-150gm, dal-30gm, daliya-20gm

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins

Day 18**Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Avocado mango toast	4 slices	Avocado-50gm,mango-80gm, 80gm other veggies ,4 slice bread

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Bean's quinoa salad +curd/yogurt	250gm +80gm	30gm bean,40gm 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(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Greek chicken +salad	100gm +150gm	-

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins

Day 19

Early morning (50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Chia pudding	300gm	Chia seeds-15gm,milk-150ml,any fruit-120gm ,walnuts-15gm

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Chapatti noodles + carrot raita	200gm+200gm	Flour-50gm, veggies-180gm+ 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)

Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken avocado lettuce wrap	2 pc	Chicken-80gm, avocado-80gm, veggies-40gm, lettuce-50gm

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins

Day 20**Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Peanut butter apple oats smoothie	250ml	Butter-10gm,apple-80gm,milk-150ml,oats-20gm

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Tuna sandwich	2 sandwiches	Tuna -80gm, veggies-100gm,4 slice bread ,curd 50gm

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(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Lemon coriander soup + hara bhara kebab	180ml+ 3 small pc	Kebab (moong dal-20gm,besan-10gm,veggies-80gm)

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins

Day 21

Early morning (50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
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Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Oats sattu upma	250gm	Oats-30gm,sattu-30gm,veggies-150gm

Ensure water intake of 3-4 litres throughout the day

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(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Dal+ bhindi sabzi+ multigrain roti +salad+ curd	150gm+150gm+2 mediums+100gm+100gm	Dal-30gm + flour-60gm

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(250kcal)

Food Item	Cooked Quantity	Raw Quantity
Cauliflower rice +fish curry	150gm+200gm	Fish-100gm

Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	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 10-15 mins