

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
Moong dal +rice + stir fry veggies +curd	200ml+120gm+200gm+100gm	Dal-30gm + 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
Paneer tikka with veggies	250gm	80gm paneer, 170gm 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 + moong sprouts salad	250ml +200gm	Soup (20gm gluten free pasta, 120gm veggies) + salad (30gm moong,150gm 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 + chana sprouts salad	200gm +200gm	Salad-40gm, 120gm salad

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
Carrot broccoli stir fry with feta cheese +tomato soup	200gm +150ml	80gm each carrot and broccoli +40gm feta cheese

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
Green moong dal dosa + coconut chutney	2 plain paper dosa +20gm	Dosa (moong dal -20gm, rice 30gm)

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
Chick pea sandwich	1 ½ sandwiches	Chick pea-20gm, veggies-100gm,3 slice bread, curd 40gm

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
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 +tomato curry + paneer salad	150gm+150gm+120gm	Salad(40gm paneer,80gm 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