

Day 22Early morning

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230cal

Food Item	Cooked Quantity	Raw quantity
Vegetable vermicelli	150gm	30gm vermicelli

Take 15min steamMid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take vitamin C and zinc supplementsLunch 350cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour
French beans sabji	150gm	100gm beans, 20gm onion tomato
Green salad	150gm	

Evening Snack 120cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM 310cal

Food Item	Quantity cooked	Raw Quantity
Moong Dal kabab	4 Pc	60gm moong Dal, 30gm
Green chutney	15gm	Besan, 100gm veggies
Salad	150gm	

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Day 23Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 400cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Uttapam	2	50gm suji, 20gm onion, carrot, capsicum, paneer

Take 15min steamMid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take Vitamin C And zinc supplementsLunch 230cal

Food Item	Cooked Quantity	Raw quantity
Roasted Chicken Thigh Rice	100gm 100gm	60gm Chicken 30gm

Evening Snack 120cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 260cal

Food Item	Quantity cooked	Raw Quantity
Missi Roti	2	20gm each wheat, besan, mung dal
Curd	100gm	

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Day 24

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 145 cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Sandwich	2 slices	20gm paneer, 10gm carrot, capsicum, onion, tomato

Take 15min steam

Mid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take vitamin c and zinc supplements

Lunch 400cal

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour
Lobiasabji	150gm	30gm lobia
Salad	150gm	

Evening Snack 120cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water

Dinner: 8 PM 345cal

Food Item	Quantity cooked	Raw Quantity
Green pavbhaji	150gm bhaji	2 whole wheat Pav, 15gm chickpeas, 25gm pea, 25gm spinach, 25gm

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Mixed seeds	150ml 15gm	Sunflower, watermelon, pumpkin

Day 25

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230

Food Item	Cooked Quantity	Raw quantity
Sabudana Khichadi	100gm	30gm Sabudana, 20gm potato, Peanuts

Take 15min steam

Mid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take Vitamin C And zinc supplements

Lunch **360cal**

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Cauliflower sabji Salad Buttermilk	2 150gm 150gm 150ml	60gm flour 100gm cauliflower 20gm onion tomato

Evening Snack **120cal**

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM **300cal**

Food Item	Quantity cooked	Raw Quantity
Chickpeas salad	200gm	50gm Chickpeas, 150gm veggies

Before Bed **210cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	Sunflower, watermelon, pumpkin

Day 26

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast **230cal**

Food Item	Cooked Quantity	Raw quantity
Rava Idli Vegetable Sambar	2 100gm	(40gm Dal + 60gm Veggies)

Take 15min steam

Mid -Morning**180cal**

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take Vitamin C And zinc supplements

Lunch 360cal

Food Item	Cooked Quantity	Raw quantity
Kabuli Chana Biryani	200gm	Brown Rice 60gm + 60gm chana +40gm curd
Mint Chutney	2tbsp	
Salad	150gm	

Evening Snack 120cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM 300cal

Food Item	Quantity cooked	Raw Quantity
Moong Dal And Spinach	200gm	50gm Moong dal + Spinach 80gm
Soup Salad	150gm	

Before Bed 210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	150ml	Sunflower, watermelon, pumpkin
<u>Mixed seeds</u>	15gm	

Day 27

Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230

Food Item	Cooked Quantity	Raw quantity
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Ragi Balls/Mudde Coconut Chutney	2 1tbsp	20gm (ragi)
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Take 15min steam

Mid -Morning **180cal**

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take Vitamin C And zinc supplements

Lunch**360**

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Carrot peas veggie	2 150gm	60gm flour 50gm carrot, 50gm peas, 50gm onion tomato
Salad	150gm	
Buttermilk	150ml	

Evening Snack **120cal**

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM **300cal**

Food Item	Quantity cooked	Raw Quantity
Mixed Beans salad	200gm	80gm Beans, 120gm veggies

Before Bed **210cal**

Food Item	Cooked Quantity	Raw Quantity
Haldi milk Mixed seeds	150ml 15gm	Sunflower, watermelon, pumpkin

Day 28

Early morning:

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230 cal

Food Item	Cooked Quantity	Raw quantity
Green Moong Dal Appe Mint Chutney	4 - 6 1tbsp	Moong dal 50gm + Veggies 50gm

Take 15min steam

Mid -Morning 180cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	150gm	130gm fruits, 20gm nuts

Take Vitamin C And zinc supplements

Lunch 360

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti Vegetable Korma Salad Buttermilk	2 150gm 150gm 150ml	60gm flour 100gm Veggies 20gm onion tomato

Evening Snack 120cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water

Dinner: 8 PM 300cal

Food Item	Quantity cooked	Raw Quantity
One Pot Fish Stew	250gm 1tbsp 150ml	80gm Fish, 30gm chicken broth, 140gm Veggies

Before Bed210cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk <u>Mixed seeds</u>	150ml 15gm	<u>Sunflower, watermelon, pumpkin</u>