

**Day 22****Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Toasted yogurt sandwich	2 sandwiches	4 slice bread,veggies-100gm,yogurt-100gm,c hia seed-10gm

**Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

**Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
Sambhar rice khichdi +curd+ salad	300gm+100gm+100gm	Sambhar(dal-40gm),rice-80gm

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm
Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

Ensure water intake of 3-4 litres throughout the day

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Guacamole egg salad + toast	250gm+2 slice	Avocado-50gm, egg white-2 veggies-120gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**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 15 mins

**Day 23****Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water

Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water
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### **Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Papaya walnut smoothie + veggies upma	200ml+150gm	Smoothie(Papaya-80gm,milk-150ml, walnut-20gm)+ veggies100gm,rava-30gm

### **Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

### **Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggie's curry +quinoa +curd+ salad	200gm+150gm+100gm+100gm	Quinoa-80gm

- Take khada drink -150ml

### **Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm
Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

**Ensure water intake of 3-4 litres throughout the day**

### **Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggies Millet (any) besan chilla +green chutney	2 mediums +20gm	Veggies -100gm,30gm each besan and millet

### **Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

### **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 15 mins

## **Day 24**

### **Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer cheese toast	4 slices	Paneer-80gm,cheese-50gm,veggies-150gm ,4 slice bread

**Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

**Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
French beans sabzi + multigrain roti +curd+ salad	200gm +2 medium +100gm+100gm	Flour-80gm

- Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm
Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Greek kale salad with steamed chicken	150gm +150gm	-

Ensure water intake of 3-4 litres throughout the day

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**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 15 mins

**Day 25****Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Egg sandwich	2 mediums	Veggies-80gm, egg-3 white , 4 slice

**Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

**Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chicken biryani +cucumber raita	300gm+ 200gm	Veggies-150gm,chicken-100gm,rice-80gm + raita(100gm each cucumber and curd)

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm
Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

**Ensure water intake of 3-4 litres throughout the day**

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer mushroom tikka with stir fry veggies	300gm	100gm paneer,50gm mushroom, 150gm veggies

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**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 15 mins

**Day 26****Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mango/banana shake with almond/peanut butter toast	250gm +2 slice	Mango/banana-60gm,milk-180ml, mixed seeds-20gm + toast(15gm butter,2 slice bread)

**Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

**Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
Stir fry veggies with grilled fish +steamed quinoa	200gm+150gm +120gm	Quinoa -60gm

- Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm
Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

**Ensure water intake of 3-4 litres throughout the day**

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Palak oats tikki +salad	4 pc+150gm	Oats-40gm,besan-20gm,veggies-120gm

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**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 15 mins

**Day 27****Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Avocado toast + apple nutty smoothie	2 slices+250ml	Avocado-50gm,2 lice bread + apple-60gm, milk-180ml ,10gm nuts

**Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

**Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
Egg masala +rice +salad+ curd	250gm+150gm+100gm+100gm	2 white,1 whole+rice-80gm

Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm
Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

**Ensure water intake of 3-4 litres throughout the day**

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Eggplant pizza +rajma soup	200gm+200ml	Eggplant-100gm,20gm cheese,180gm other veggies + soup( 30gm rajma,veggies-150gm)

**Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**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 15 mins

**Day 28****Early morning (30kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins	200ml+5pc	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc	Boil grated ginger (3gm)in water

**Breakfast(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
French toast +mix fruit	4 mediums +150gm	4 slice bread,2 whole egg,milk-50ml

**Mid -Morning(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds	150gm +5gm	-
Watermelon mojito + chia seeds	250ml+10gm	-

**Lunch(380kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chole + rice+ salad	200gm+150gm+150gmc	Hole-50gm,rice-80gm

- Take khada drink -150ml

**Evening Snack(120kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	200gm	Chana and peanut 15gm each, salad-170gm

Carrot sticks with humus dip	150gm+20gm	-
Sattu drink	250ml	30gm sattu, in water

#### **Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Quinoa chicken soup +salad	300ml+100gm	Quinoa-40gm, chicken-100gm,veggies-120gm

#### **Post Dinner(50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**Ensure water intake of 3-4 litres throughout the day**

#### **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 15 mins**