

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, chia seed-10gm

Ensure water intake of 3-4 litres throughout the day

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

Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Guacamole salad + toast	250gm+2 slice	Avocado-50gm, beans-30gm, 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 10-15 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

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

Ensure water intake of 3-4 litres throughout the day

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

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 10-15 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

Ensure water intake of 3-4 litres throughout the day

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 tofu/paneer + lentil soup	200gm +200ml	Salad (50gm paneer, tofu) Soup (Lentil-30gm, 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 10-15 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
Veggies rava besa chilla +curd	2 mediums+100gm	Veggies-100gm, rava and besan each 30gm

Ensure water intake of 3-4 litres throughout the day

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
Mix veggies soya pulao +cucumber raita	300gm+ 200gm	Veggies-150gm, soya chunks-30gm, rice-80gm + raita(100gm each cucumber and curd)

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
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 10-15 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)

Ensure water intake of 3-4 litres throughout the day

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 steamed quinoa and kidney beans	200gm+200gm	Quinoa -80gm, beans-40gm

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
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 10-15 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

Ensure water intake of 3-4 litres throughout the day

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
Cabbage sabzi +dal +rice +salad+ curd	200gm+150gm+150gm+100gm+100gm	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

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 10-15 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
Stuffed veggies moong dal chapati +curd	2 mediums +100gm	Veggies-50gm,dal-20gm,flour-80gm

Ensure water intake of 3-4 litres throughout the day

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 veggies soup +salad	300ml+100gm	Quinoa-80gm, veggies-180gm

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 10-15 mins

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