

**Day 22****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	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(170kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any fruit +flax seeds +dates	150gm +5gm+2pc	-
Watermelon mojito + chia seeds+ dates	250ml+10gm +2pc	-

**Lunch(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Sambhar rice khichdi +curd+ salad	300gm+120gm+100gm	Sambhar(dal-40gm),rice-80gm

**Evening Snack(180kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

**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 10-15 mins

## Day 23

### Early morning (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	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(400kcal)

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

### Evening Snack(180kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm sattu, in water

### Dinner(300kcal)

Food Item	Cooked Quantity	Raw Quantity
Veggies Millet (any) besan chilla +green chutney	2 mediums +20gm	Veggies -100gm,40gm 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 (100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	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(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
French beans carrot sabzi + multigrain roti +curd+ salad	250gm +2 medium +100gm+100gm	Flour-80gm

**Evening Snack(180kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	30gm satttu, in water

**Dinner(300kcal)**

Food Item	Cooked Quantity	Raw Quantity
Greek kale salad with steamed chicken	150gm +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 25****Early morning (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera Ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half`s	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half`s	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

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(400kcal)**

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

**Evening Snack(180kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	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(400kcal)**

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

**Evening Snack(180kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	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 slice 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(400kcal)**

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

**Evening Snack(180kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	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 (100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Jeera ajwain water + Soaked black raisins +soaked almonds+ walnuts	200ml+5pc+7pc+5 half's	Boil both ingredient (2 gm each) in water
Ginger water + Soaked black raisins	200ml+5pc+7pc+5 half's	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

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(400kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chole + rice+ salad	250gm+150gm+150gm	chole-80gm, rice-80gm

**Evening Snack(180kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Roasted chana peanut salad	250gm	Chana and peanut 25gm each, salad-200gm
Carrot sticks with humus dip	200gm+25gm	-
Sattu drink + cucumber sticks	250ml+100gm	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	-

**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