

Day 22Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast430cal

Food Item	Cooked Quantity	Raw quantity
Vegetable vermicelli	150gm	30gm vermicelli
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Mid –Morning200cal

Food Item	Cooked Quantity	Raw quantity
Mixed fruit and nuts salad	170gm	150gm fruits, 20gm nuts

Lunch450cal

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

Ensure water intake of 3-4 litres throughout the day**Evening Snack200cal**

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	

Dinner: 8 PM310cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	<u>Sunflower, watermelon, pumpkin</u>
<u>Mixed seeds</u>	15gm	

Take steam for 10-15 mins**Day 23**Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast600cal

Food Item	Cooked Quantity	Raw quantity
Vegetable Uttapam	2	50gm suji,20gm onion, carrot, capsicum, paneer
Banana	1 (medium)	
Peanut Butter (unsalted)	1 tbsp	

Mid -Morning180cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch330cal

Food Item	Cooked Quantity	Raw quantity
Roasted Chicken Thigh	100gm	60gm Chicken 30gm
Rice	100gm	
Mixed Salad	150gm	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	

Dinner: 8 PM280cal

Food Item	Quantity cooked	Raw Quantity
Missi Roti	2	20gm each wheat, besan, mung dal
Curd	100gm	
Carrot	1	

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haladi milk	200ml	<u>Sunflower, watermelon, pumpkin</u>
<u>Mixed seeds</u>	15gm	

Take steam for 10-15 mins

Day 24**Early morning: 7 to 8 am (160kcal)**

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast345

Food Item	Cooked Quantity	Raw quantity
Vegetable Sandwich	2 slices	20gm paneer, 10gm carrot, capsicum, onion, tomato
Banana	1 (medium)	
Peanut Butter (unsalted)	1tbsp	

Mid -Morning180cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch400cal

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

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
Sattu drink	250ml	30gm status in water
Cashew	14gm	

Dinner: 8 PM465cal

Food Item	Quantity cooked	Raw Quantity
Green pav bhaji	150gm bhaji	2 whole wheat Pav, 15gm chickpeas, 25gm pea, 25gm spinach, 25gm
Carrot Cucumber Raita	200gm	

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
Mixed seeds	15gm	Sunflower, watermelon, pumpkin

Take steam for 10-15 mins

Day 25

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	10g	

Breakfast230

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

Mid -Morning180cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch360

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM420cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	
<u>Mixed seeds</u>	15gm	<u>Sunflower, watermelon, pumpkin</u>

Take steam for 10-15 mins

Day 26

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast230

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

Mid -Morning180cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch480

Food Item	Cooked Quantity	Raw quantity
Kabuli Chana Biryani	200gm	Brown Rice 60gm + 60gm chana +40gm curd
Mint Chutney	2tbsp	
Salad	170gm	
Buttermilk	200ml	

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM300cal

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

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	<u>Sunflower, watermelon, pumpkin</u>
<u>Mixed seeds</u>	15gm	

Take steam for 10-15 mins

Day 27

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast300

Food Item	Cooked Quantity	Raw quantity
Ragi Balls/Mudde	3-4	50gm (ragi)
Coconut Chutney	1tbsp	

Mid -Morning180cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch360

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

Evening Snack400cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	
Banana	<u>1 (medium)</u>	
Peanut Butter (unsalted)	<u>1tbsp</u>	

Dinner: 8 PM350cal

Food Item	Quantity cooked	Raw Quantity
Mixed Beans salad	230gm	90gm Beans, 140gm veggies

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	<u>Sunflower, watermelon, pumpkin</u>
<u>Mixed seeds</u>	15gm	

Take steam for 10-15 mins

Day 28

Early morning: 7 to 8 am (160kcal)

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)
Almonds	5pc	
Walnut	2half	
Pine nuts	<u>10g</u>	

Breakfast430

Food Item	Cooked Quantity	Raw quantity
Green Moong Dal Appe	4 – 6	Moong dal 50gm + Veggies 50gm
Mint Chutney	1tbsp	
Banana	1 (medium)	
Peanut Butter (unsalted)	1 tbsp	

Mid -Morning180cal

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

Ensure water intake of 3-4 litres throughout the day

Lunch460

Food Item	Cooked Quantity	Raw quantity
Multigrain Roti	2	60gm flour
Vegetable Korma	150gm	100gm Veggies 20gm onion tomato
Cucumber Raita	200gm	

Evening Snack200cal

Food Item	Cooked Quantity	Raw quantity
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	

Dinner: 8 PM320cal

Food Item	Quantity cooked	Raw Quantity
One Pot Fish Stew	270gm	80gm Fish, 50gm chicken broth, 140gm Veggies

Before Bed250cal

Food Item	Cooked Quantity	Raw Quantity
Haldi milk	200ml	<u>Sunflower, watermelon, pumpkin</u>
<u>Mixed seeds</u>	15gm	

Take steam for 10-15 mins