

Day 22Early 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**230cal**

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

Mid –Morning**200cal**

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

Ensure water intake of 3-4 litres throughout the dayLunch**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**200cal**

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 PM**310cal**

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

Before Bed**210cal**

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

Take steam for 10-15 mins**Day 23**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**400cal**

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

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

Lunch230cal

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

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 Bed210cal

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

Take steam for 10-15 mins

Day 24**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)

Breakfast145

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

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
<u>Sattu drink</u>	<u>250ml</u>	30gm status in water
<u>Cashew</u>	<u>14gm</u>	

Dinner: 8 PM365cal

Food Item	Quantity cooked	Raw Quantity
Green pavbhaji	150gm bhaji	2 whole wheat Pav, 15gm chickpeas, 25gm pea, 25gm spinach, 25gm
Carrot	1	

Before Bed210cal

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

Take steam for 10-15 mins

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)

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 100gm cauliflower 20gm onion tomato
Cauliflower sabji	150gm	
Salad	150gm	
Buttermilk	150ml	

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
Chick peas salad	200gm	50gm Chickpeas, 150gm veggies
Carrot	1	

Before Bed210cal

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

Take steam for 10-15 mins

Day 26

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)

Breakfast230

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

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

Lunch380

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

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 PM300cal

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

Before Bed210cal

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

Take steam for 10-15 mins

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)

Breakfast230

Food Item	Cooked Quantity	Raw quantity
Ragi Balls/Mudde	2	20gm (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
Carrot peas veggie	150gm	50gm carrot, 50gm peas, 50gm onion tomato
Salad	150gm	
Buttermilk	150ml	

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
Mixed Beans salad	220gm	80gm Beans, 140gm veggies

Before Bed210cal

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

Take steam for 10-15 mins

Day 28

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)

Breakfast230

Food Item	Cooked Quantity	Raw quantity
Green Moong Dal Appe	4 – 6	Moong dal 50gm + Veggies 50gm
Mint 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

Lunch360cal

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

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 Bed210cal

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

Take steam for 10-15 mins