

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 230 Cal

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

Mid –Morning 200 Cal

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
Sattu drink	250ml	30gm sattu in water
Cashew	14gm	

Dinner: 8 PM 310cal

Food Item	Quantity cooked	Raw Quantity
Moong Dal kabab	4 Pc	60gm moong 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 (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 400 Cal

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

Mid -Morning 180cal

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

Lunch 230 Cal

Food Item	Cooked Quantity	Raw quantity
Chana Pulao	200gm	15gm Chana, 30gm rice
Cucumber Raita	130gm	50gm cucumber, 100gm curd

Evening Snack 200 Cal

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

Ensure water intake of 3-4 litres throughout the day

Dinner: 8 PM 280cal

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

Take steam for 10-15 mins

Before Bed 210cal

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

Day 24Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger Jeera Water	150ml	(Boil 1 tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 145cal

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

Mid -Morning 180cal

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

Lunch 400cal

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

Evening Snack 200cal

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

Dinner: 8 PM 365cal

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

Take steam

Before Bed 210cal

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

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)

Breakfast 230

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

Mid -Morning 180cal

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

Lunch 360

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

Evening Snack 200cal

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

Dinner: 8 PM 320cal

Food Item	Quantity cooked	Raw Quantity
Chickpeas salad	200gm	50gm Chickpeas, 150gm veggies
Carrot	1	

Before Bed 210cal

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

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)

Breakfast 230cal

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

Mid -Morning 180cal

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

Lunch 380

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

Evening Snack 200cal

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

Dinner: 8 PM 300cal

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>Mixed seeds</u>	15gm	<u>Sunflower, watermelon, pumpkin</u>

Day 27Early morning: 7 to 8 am

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	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	

Ensure water intake of 3-4 litres throughout the day**Mid -Morning180cal**

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

Lunch 360cal

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 Snack 200cal

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

Dinner: 8 PM 320cal

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>

Day 28Early morning: 7 to 8 a

Food Item	Cooked Quantity	Raw Quantity
Ginger JeeraWater	150ml	(Boil 1tsp Jeera + small piece of Ginger with 1 cup water)

Breakfast 230 calories

Food Item	Cooked Quantity	Raw quantity
Green Moong Dal Appe	4 – 6	Moong dal 50gm + Veggies 50gm
Mint Chutney	1tbsp	

Ensure water intake of 3-4 litres throughout the day

Mid -Morning 180cal

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

Take vitamin c and zinc supplements

Lunch 360

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

Evening Snack 200cal

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

Dinner: 8 PM 320cal

Food Item	Cooked Quantity	Raw quantity
Ragi Beetroot Chilla	2 small	Ragi flour 50gm Beetroot grated 50gm
Mint Chutney	1tbsp	
Buttermilk	150ml	
Carrot	1	

Before Bed 210cal

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