

**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(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Toasted yogurt sandwich	1 ½ sandwiches	3 slice bread, veggies-80gm, yogurt-80gm, 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(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Guacamole salad + toast	200gm+1 slice	Avocado-40gm, 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(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Papaya walnut smoothie + veggies upma	150ml+150gm	Smoothie(Papaya-50gm,milk-100ml,walnut-5gm)+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(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggies Millet (any) besan chilla +green chutney	2 mediums +15gm	Veggies -80gm,20gm 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(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer cheese toast	3 slices	Paneer-80gm, cheese-40gm,veggies-150gm ,3 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(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Greek kale salad with tofu/paneer + lentil soup	200gm +150ml	Salad (40gm paneer, tofu, veggies-160gm)Soup (Lentil-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 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(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggies rava besa chilla +curd	2 mediums+80gm	Veggies-80gm, rava and besan each 20gm

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)

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(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer mushroom tikka with stir fry veggies	250gm	80gm paneer,50gm mushroom, 120gm 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(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mango/banana shake with almond/peanut butter toast	200gm +1 slice	Mango/banana-40gm, milk-150ml, mixed seeds-10gm + toast (10gm butter,1 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(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Palak oats tikki +salad	3 pc+150gm	Oats-30gm,besan-10gm,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

Take steam for 15 mins

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Avocado toast + apple nutty smoothie	2 slices+200ml	Avocado-40gm,2 slice bread + apple-40gm, milk-150ml ,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(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Eggplant pizza +rajma soup	150gm+150ml	Eggplant-80gm,20gm cheese,150gm other veggies + soup (20gm 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

Take steam for 15 mins

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Stuffed veggies moong dal chapati +curd	2 mediums +80gm	Veggies-50gm,dal-15gm,flour-60gm

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)**

<b>Food Item (Any 1)</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
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(250kcal)**

<b>Food Item</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Quinoa veggies soup +salad	250ml+100gm	Quinoa-50gm, veggies-150gm

**Post Dinner(50kcal)**

<b>Food Item (Any 1)</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
Chia seeds lemon water +figs(dried)	200ml +2pc	Chia seed-5gm
Lemon green tea +figs(dried)	150ml +2pc	-

**Before Bed(200kcal)**

<b>Food Item</b>	<b>Cooked Quantity</b>	<b>Raw Quantity</b>
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