

## Day 15

### Early morning (50kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

### Breakfast(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Guacamole with toast +mix fruits	30gm +2 slices +200gm	

Ensure water intake of 3-4 litres throughout the day

### Mid -Morning(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

### Lunch(350kcal)

Food Item	Cooked Quantity	Raw Quantity
Chicken curry +rice + stir fry veggies +curd	200ml+120gm+200gm+100gm	Chicken-100gm + rice-60gm

Take khada drink -150ml

### Evening Snack(100kcal)

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

### Dinner(250kcal)

Food Item	Cooked Quantity	Raw Quantity
fish tikka with veggies	200gm	100gm fish, 100gm veggies

### Post Dinner

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

### 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 16****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggies uthappam +coconut chutney	2 mediums +20gm	Rava-80gm, veggies-150gm

Ensure water intake of 3-4 litres throughout the day

**Mid -Morning(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

**Lunch(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Steamed quinoa + kidney bean salad +curd /yogurt	120gm+250gm+100gm	Quinoa-60gm, beans-30gm, salad-150gm

Take khada drink -150ml

**Evening Snack(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

**Dinner(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
minestrone soup + egg salad	250ml +150gm	Soup (20gm gluten free pasta, 120gm veggies) + salad (2 white,120gm salad)

**Post Dinner**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

**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 17****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Mix fruit bowl +scrambled eggs	200gm +3 white,1 whole	-

Ensure water intake of 3-4 litres throughout the day

**Mid -Morning(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

**Lunch(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Paneer chick pea wrap +veggies raita	1 whole medium size +160gm	Wrap (Flour-40gm, paneer-30gm,chick pea-20gm,veggies-120gm) + raita (80gm each veggies and curd)

Take khada drink -150ml

**Evening Snack(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

**Dinner(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Veggie's moong dal daliya khichdi +salad	250gm+150gm	Veggies-150gm, dal-30gm, daliya-20gm

**Post Dinner**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

**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 18****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Avocado mango toast	4 slices	Avocado-50gm, mango-80gm, 80gm other veggies ,4 slice bread

Ensure water intake of 3-4 litres throughout the day

**Mid -Morning(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

**Lunch(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Bean's quinoa salad +curd/yogurt	250gm +80gm	30gm bean,40gm quinoa ,150gm veggies

Take khada drink -150ml

**Evening Snack(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

**Dinner(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Greek chicken +salad	100gm +150gm	-

**Post Dinner**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

**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 19****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chia pudding	300gm	Chia seeds-15gm, milk-150ml,any fruit-120gm ,walnuts-15gm

Ensure water intake of 3-4 litres throughout the day

**Mid -Morning(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

**Lunch(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chapatti noodles + carrot raita	200gm+200gm	Flour-50gm, veggies-180gm+ raita (100gm each carrot and curd)

Take khada drink -150ml

**Evening Snack(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

**Dinner(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Chicken avocado lettuce wrap	2 pc	Chicken-80gm, avocado-80gm, veggies-40gm, lettuce-50gm

**Post Dinner**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

**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 20****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Peanut butter apple oats smoothie	250ml	Butter-10gm,apple-80gm,milk-150ml,oats-20gm

Ensure water intake of 3-4 litres throughout the day

**Mid -Morning(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

**Lunch(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Tuna sandwich	2 sandwiches	Tuna -80gm, veggies-100gm,4 slice bread ,curd 50gm

Take khada drink -150ml

**Evening Snack(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

**Dinner(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Lemon coriander soup + hara bhara kebab	180ml+ 3 small pc	Kebab (moong dal-20gm, besan-10gm, veggies-80gm)

**Post Dinner**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

**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 21****Early morning (50kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Tulsi ginger water + soaked almonds	200ml+8pc	Boil grated ginger and tulsi (3gm) in water
Lemon water + soaked almonds	200ml+8pc	-

**Breakfast(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Oats sattu upma	250gm	Oats-30gm, sattu-30gm,veggies-150gm

Ensure water intake of 3-4 litres throughout the day

**Mid -Morning(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Any veggies smoothie (can choose any 2 at a time-beet, carrot, cucumber, kale, celery, tomato, spinach)	200gm	80gm each veggie in water, add lemon juice, black salt
Carrot cucumber sticks (use lemon juice on top)	200gm	-

**Lunch(350kcal)**

Food Item	Cooked Quantity	Raw Quantity
Dal+ bhindi sabzi+ multigrain roti +salad+ curd	150gm+150gm+2 mediums+100gm+100gm	Dal-30gm + flour-60gm

Take khada drink -150ml

**Evening Snack(100kcal)**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Homemade protein powder	200ml	20gm in 180ml milk
Cheese cubes or slice with nuts (almonds, walnuts) +lemon chia seed water	10gm+20gm+200ml	Lemon water(5gm chia seed)

**Dinner(250kcal)**

Food Item	Cooked Quantity	Raw Quantity
Cauliflower rice +fish curry	150gm+200gm	Fish-100gm

**Post Dinner**

Food Item (Any 1)	Cooked Quantity	Raw Quantity
Green tea	150ml	-
Ginger lemon tea	150ml	Boil grated ginger (3gm) in water, add lemon juice

**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