



Week 1

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-breakfast	300ml water with 8-10 black raisins (soaked overnight) and 1 banana ( <b>daily</b> )						
Breakfast <b>add 1 tsp ghee</b>	1 khapli wheat chapati with 1 egg (fried or boiled or omelette)	1 cup bulgar wheat upma with peanuts + 1 egg (fried or boiled or omelette)	1 rice polle/ pancake with 1 egg omelette	1 khapli wheat chapati with 1 egg (fried or boiled or omelette)	1 cup bulgar wheat upma with peanuts + 1 egg (fried or boiled or omelette)	1 rice polle/ pancake with 1 egg omelette	1 khapli wheat chapati with 1 egg (fried or boiled or omelette)
Mid-day	1 fruit, seasonal & local	1 cube cheese + 4-5 walnuts	1 fruit, seasonal & local	1 cube cheese + 4-5 walnuts	1 fruit, seasonal & local	1 cube cheese + 4-5 walnuts	1 fruit, seasonal & local
Lunch	1 cup rice+ ½ cup curry/ dal + ½ cup palak sabji + 2 pieces of fish	1 cup jeera rice+ ½ cup rajma curry+ 2 pieces of fish	1 cup rice+ ½ cup curry/ dal + ½ cup pumpkin sabji + 2 pieces of fish	1 cup rice+ ½ cup palak dal + + 2 pieces of fish	1 cup jeera rice+ ½ cup rajma curry+ 2 pieces of fish	1 cup rice+ ½ cup curry/ dal + ½ cup snake gourd sabji + 2 pieces of fish	1 cup vegetable pulao+ ½ cup chole gravy+ 2 pieces of chicken + ½ cup raita
Post- lunch	1 banana	1 banana	1 banana	1 banana	1 banana	1 banana	1 banana
Evening snack	1 Sweet potato-boiled	1 Sweet potato-boiled	1 Sweet potato-boiled	1 Sweet potato-boiled	1 Sweet potato-boiled	1 Sweet potato-boiled	1 Sweet potato-boiled
Dinner	1 cup rice+ ½ cup curry/ dal + ½ cup palak sabji + 2 pieces of fish	1 cup jeera rice+ ½ cup rajma curry+ 2 pieces of fish	1 cup rice+ ½ cup curry/ dal + ½ cup pumpkin sabji + 2 pieces of fish	1 cup rice+ ½ cup palak dal + + 2 pieces of fish	1 cup jeera rice+ ½ cup rajma curry+ 2 pieces of fish	1 cup rice+ ½ cup curry/ dal + ½ cup snake gourd sabji + 2 pieces of fish	1 cup vegetable pulao+ ½ cup chole gravy+ 2 pieces of chicken + ½ cup raita
Post dinner	250ml of ajwain and jeera water	250ml of ajwain and jeera water	250ml of ajwain and jeera water	250ml of ajwain and jeera water	250ml of ajwain and jeera water	250ml of ajwain and jeera water	250ml of ajwain and jeera water



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### **Week 1 Recipes:**

bulgar wheat upma: <https://www.youtube.com/watch?v=3DMKpPvX6bl>

rice polle/ pancake: <https://www.youtube.com/watch?v=9RsDPTbjxH4>

jeera rice and rajma curry: <https://www.youtube.com/watch?v=oUz9914U-v0>

vegetable pulao: <https://www.youtube.com/watch?v=c0n34utIkY>

chole curry: [https://www.youtube.com/watch?v=9kvkha3K\\_w](https://www.youtube.com/watch?v=9kvkha3K_w)

dal: [https://www.youtube.com/watch?v=8c\\_scYUN5uc](https://www.youtube.com/watch?v=8c_scYUN5uc)

palak dal: [https://www.youtube.com/watch?v=9kvkha3K\\_w](https://www.youtube.com/watch?v=9kvkha3K_w)



## Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-breakfast	300ml water with 8-10 black raisins (soaked overnight) and 1 banana <b>(daily)</b>						
Breakfast <b>add 1 tsp ghee + 1 tbsp of dry peanut chutney</b>	1 dosa with 2tbsp coconut chutney and 1 egg	1 pesarattu dosa and 1 egg	300ml ragi malt with 1 egg.	1 pesarattu dosa and 1 egg	1 cup sabudana kichdhi with 1 egg	300ml ragi malt with 1 egg	1 paneer paratha (khapli wheat), with 2tbsp mint chutney.
Mid-day	1 fruit + 250ml of biotin drink	Handful of peanuts + 250ml of biotin drink	1 fruit + 250ml of biotin drink	Handful of cashew nuts + 250ml of biotin drink	1 fruit + 250ml of biotin drink	Handful of almonds+ 250ml of biotin drink	1 fruit + 250ml of biotin drink
Lunch	1 cup rice+ ½ cup curry/ dal + ½ cup bottle gourd sabji + 2 pieces of fish	1 cup lemon rice+ ½ cup methi sabji + 2pieces of fish	1 cup paneer pulao + ½ cup raita	1 cup rice+ ½ cup curry/ dal + ½ cup ridge gourd sabji + 2 pieces of fish	1 cup lemon rice+ ½ cup amaranth sabji + 2pieces of fish	1 cup paneer pulao + ½ cup raita	1 cup homemade chicken biryani + ½ cup raita
Post- lunch	200ml butter milk home made	200ml butter milk home made	200ml butter milk home made	200ml butter milk home made	200ml butter milk home made	200ml butter milk home made	200ml butter milk home made
Evening snack	2 biotin ladoo	1 cup of roasted makhana	2 biotin ladoo	1 cup of roasted makhana	2 biotin ladoo	1 cup of roasted makhana	2 biotin ladoo
Dinner	1 cup rice+ ½ cup curry/ dal + ½ cup bottle gourd sabji + 2 pieces of fish	1 cup lemon rice+ ½ cup methi sabji + 2pieces of fish	1 cup paneer pulao + ½ cup raita	1 cup rice+ ½ cup curry/ dal + ½ cup ridge gourd sabji + 2 pieces of fish	1 cup lemon rice+ ½ cup amaranth sabji + 2pieces of fish	1 cup paneer pulao + ½ cup raita	1 cup chicken biryani + ½ cup raita
Bed time	250ml milk with ½ tsp turmeric and ½ tsp halim seeds	250ml milk with ½ tsp turmeric and ½ tsp halim seeds	250ml milk with ½ tsp turmeric and ½ tsp halim seeds	250ml milk with ½ tsp turmeric and ½ tsp halim seeds	250ml milk with ½ tsp turmeric and ½ tsp halim seeds	250ml milk with ½ tsp turmeric and ½ tsp halim seeds	250ml milk with ½ tsp turmeric and ½ tsp halim seeds



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### **Week 2 recipes:**

Dosa: [https://www.youtube.com/watch?v=P3y-u1iHH\\_Q](https://www.youtube.com/watch?v=P3y-u1iHH_Q)

Mint chutney: <https://www.youtube.com/watch?v=f0tBXM8Fdu8>

Coconut chutney: [https://www.youtube.com/watch?v=-Le1WN\\_suM8](https://www.youtube.com/watch?v=-Le1WN_suM8)

Dry peanut chutney: <https://www.youtube.com/watch?v=rlnzKqzdhtY>

Pesarattu dosa: <https://www.youtube.com/watch?v=zDgQ-gr9ICg>

Ragi malt: <https://www.youtube.com/watch?v=oZIEQShz5b4>

Sabudana kichdhi: <https://www.youtube.com/watch?v=rPmi8Lfpgt4>

Paneer paratha: <https://www.youtube.com/watch?v=uoQO-r7cJoA>

Paneer pulao: <https://www.youtube.com/watch?v=ZWnTa83FzwU>

Lemon rice: <https://www.youtube.com/watch?v=S582ox6c4I4>

Curd: <https://www.youtube.com/watch?v=ZIRLFJc67Pw>

Buttermilk: [https://www.youtube.com/watch?v=9g7Z4zU\\_4bY](https://www.youtube.com/watch?v=9g7Z4zU_4bY)

Biotin drink: <https://www.youtube.com/shorts/K48Qdocjmxk>

Biotin ladoo: <https://www.youtube.com/shorts/RV5T22wiIK4>

Roasted makahana: <https://www.youtube.com/shorts/MdOWzTX6U0k>



## Week 3

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-breakfast	300ml water with 8-10 black raisins (soaked overnight) and 1 banana <b>(daily)</b>						
Breakfast <b>add 1 tsp ghee + 1 tbsp of dry peanut chutney</b>	300ml of methi pez	1 cup sweet potato khis + 1 egg or 1 cube of cheese	1 ragi dosa with coconut chutney+ 1 egg or 1 cube of cheese	300ml of methi pez	1 cup sweet potato khis + 1 egg or 1 cube of cheese	1 ragi dosa with coconut chutney+ 1 egg or 1 cube of cheese	300ml of methi pez
Mid-day	2-3tbsp seed mix + 250ml of beetroot kanji	Handful of peanuts+ 250ml of beetroot kanji	2-3 tbsp of mixed seeds + 250ml of beetroot kanji	1 fruit + 250ml of beetroot kanji	Handful of peanuts+ 250ml of beetroot kanji	2-3 tbsp of mixed seeds +250ml of beetroot kanji	1 fruit + 250ml of beetroot kanji
Lunch <b>Have 1tbsp dry curry leaves chutney + 1 amla pickle</b>	1 cup rice+ ½ cup curry/ dal + ½ cup turnip sabji + 2 pieces of fish	1 cup masala rice + 2-3 pieces of fried yam + 2 pieces of fish	1 cup rice + ½ cup sprouts curry + 2 pieces of fish	1 cup rice+ ½ cup curry/ dal + ½ cup French beans sabji + 2 pieces of fish	1 cup masala rice + ½ cup yam sabji + 2 pieces of fish	1 cup rice + ½ cup sprouts curry + 2 pieces of fish	1 cup rice + ½ cup chicken gravy + 2 pieces of chicken + ½ cup raita
Post- lunch	Jaggery + soonth and haldi ladoo	Jaggery + soonth and haldi ladoo	Jaggery + soonth and haldi ladoo	Jaggery + soonth and haldi ladoo	Jaggery + soonth and haldi ladoo	Jaggery + soonth and haldi ladoo	Jaggery + soonth and haldi ladoo
Evening snack	200ml aliv kheer	200ml aliv kheer	200ml aliv kheer	200ml aliv kheer	200ml aliv kheer	200ml aliv kheer	200ml aliv kheer
Dinner, 2tsp ghee daily.	1 cup moong dal kichdhi, 1-2 pieces of fish.	1cup spinach moong khichdi, 1 egg.	1 cup moong dal kichdhi, 1 tsp ghee, 1-2 pieces fish.	1 cup spinach moong dal kichdhi, 1 egg,	1 cup moong dal kichdhi. 1-2tsp ghee, 1-2 pieces fish.	1 cup spinach moong dal kichdhi, 1 egg,	1 cup moong dal kichdhi, 1 egg omlette,
Bed time	250ml milk with ½ tsp turmeric and ½ tsp halim seeds						



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### **Week 3 recipes:**

Methi pez: <https://www.youtube.com/watch?v=xslwaLhz4ck>

Beetroot kanji: [https://www.youtube.com/watch?v=FSb\\_a3GIOXA](https://www.youtube.com/watch?v=FSb_a3GIOXA)

Sweet potato khis: <https://www.youtube.com/watch?v=7p4w8HOu6RE>

Ragi dosa: <https://www.youtube.com/shorts/94-dNCo1eMM>

Seed mix: <https://www.youtube.com/watch?v=PqdfQj3v4p4>

Curry leaves chutney: <https://www.youtube.com/watch?v=tWo18X6ceUY>

Amla pickle: [https://www.youtube.com/shorts/3Dn\\_v8QLYP8](https://www.youtube.com/shorts/3Dn_v8QLYP8)

Masala rice: <https://www.youtube.com/watch?v=o-4ITeZxSFU>

Aliv kheer: <https://www.youtube.com/watch?v=W1k3svF1KN0>

Moong dal kichdhi: <https://www.youtube.com/watch?v=P4i9jKIJZTk>

Spinach moong dal kichdhi: <https://www.youtube.com/watch?v=N4SLeKi0SkQ>


Yam curry: <https://www.youtube.com/watch?v=PaOuBX9RnB4>

Fried yam: <https://www.youtube.com/watch?v=3JdFJ7hocXk>

Jaggery soonth and haldi ladoo: <https://www.youtube.com/shorts/sK0XQNmmDF0>



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Pre-breakfast	300ml water with 8-10 black raisins (soaked overnight) and 1 banana <b>(daily)</b>						
Breakfast <b>add 1 tsp ghee + 1 tbsp of dry peanut chutney</b>	2 ragi idlis with 2 tbsp tomato chutney + 1 egg	1 sprouted moong chilla with peanut chutney	1 cup masala poha with peanuts+ 1 egg	2 ragi idlis with 2 tbsp tomato chutney + 1 egg	1 sprouted moong chilla with peanut chutney	1 cup masala poha with peanuts + 1 egg	2 ragi idlis with 2 tbsp tomato chutney + 1 egg
Mid-day	2-3 tbsp of mixed seeds + 250ml of lemon water with ½ tsp sabja seeds	1 tender coconut with malai	1 fruit + 250ml of lemon water with ½ tsp sabja seeds	2-3 tbsp of mixed seeds + 250ml of lemon water with ½ tsp sabja seeds	1 tender coconut with malai	1 fruit + 250ml of lemon water with ½ tsp sabja seeds	2-3 tbsp of mixed seeds + 250ml of lemon water with ½ tsp sabja seeds
Lunch <b>Have 1tbsp dry curry leaves chutney + 1 amla pickle</b>	1 cup rice+ ½ cup curry/ dal + ½ cup brinjal sabji + 2 pieces of fish	1 cup curd rice+ ½ cup raddish sabji + 2 pieces of fish	1 cup rajma rice + ½ cup dal + ½ cup ladyfinger sabji + 2 pieces of fish	1 cup rice+ ½ cup curry/ dal + ½ cup brinjal sabji + 2 pieces of fish	1 cup curd rice+ ½ cup ivy gourd sabji + 2 pieces of fish	1 cup rajma rice + ½ cup dal + ½ cup cluster beans sabji + 2 pieces of fish	1 cup ghee rice+ 2 pieces of chicken + ½ cup raita
Post- lunch	3 tbsp curd with jaggery	3 tbsp curd with jaggery	3 tbsp curd with jaggery	3 tbsp curd with jaggery	3 tbsp curd with jaggery	3 tbsp curd with jaggery	3 tbsp curd with jaggery
Evening snack	2-3 pieces of biotin bar	200ml sathu drink	2-3 pieces of biotin bar	200ml sathu drink	2-3 pieces of biotin bar	200ml sathu drink	2-3 pieces of energy bar
Dinner, 1-2tsp ghee	2 millet bhakri, ½ cup mixed sprouted curry.	2 palak chilla, with 2tbsp curd & steamed sprout salad.	2 millet bhakri, ½ cup mixed sprouted curry.	2 palak chilla, with 2tbsp curd & steamed sprout salad	2 millet bhakri, ½ cup mixed sprouted curry.	2 palak chilla, with 2tbsp curd & steamed sprout salad	2 millet bhakri, ½ cup mixed sprouted curry.
Bed time	250ml milk with ½ tsp turmeric, 1 pinch nutmeg powder, 1 pinch ginger powder and ½ tsp halim seeds						

### Week 4



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#### **Week 4 recipes:**

Ragi idli: <https://www.youtube.com/watch?v=P9dYzaYdDfk>

Tomato chutney: <https://www.youtube.com/watch?v=p-ivURmALol>

Sprouted moong chilla: <https://www.youtube.com/watch?v=XZLcVHWLry8>

Masala poha: [https://www.youtube.com/watch?v=2\\_BkfGRcx3o](https://www.youtube.com/watch?v=2_BkfGRcx3o)

Curd rice: <https://www.youtube.com/watch?v=mv8pjVPIgul>

Rajama rice: <https://www.youtube.com/watch?v=O6Ph6GSxF2A>

Ghee rice: <https://www.youtube.com/watch?v=TvlvDlduMRg>

Biotin bar: <https://www.youtube.com/watch?v=LuPGAHLW6TM>

Sathu drink: <https://www.youtube.com/watch?v=5LPI7u5eEBE>

Millet bhakri: [https://www.youtube.com/watch?v=z-rE\\_TbyNX0](https://www.youtube.com/watch?v=z-rE_TbyNX0)

Palak chilla: <https://www.youtube.com/watch?v=HBbEBIKVQ6A>

Sprouts curry: <https://www.youtube.com/watch?v=41WmEsxD1C8>

Steamed sprouts salad: <https://www.youtube.com/watch?v=gXTj3o0P0bE>