

Weight: 72 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 1 - Day 1

Mark tick/cross in the box below time, mention anything extra you had and submit weekly.

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Phulka
Sabji
Dal

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2 Palak roti
Cucumber Raita (Made of 1 Katori Curd)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
13-09-22

A) If need be diet plan days can be interchanged within a week.

B) Refer General Guidelines.



21-06-22

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Week 1 - Day 2

Mark tick/cross in

8:30 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

10:30 AM 1 Coconut water

1:00 PM 2 Phulka

Methi Matar Sabji

1 Katori Thick Dal with Onions and Tomatoes

4:00 PM Lemon & Mint Water

6:30 PM Pop-corn

8:30 PM Cucumber And cabbage Salad

2-3 Moong dal chilla (+ carrot, cucumber)

onion tomato chutney

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 1 - Day 3

Mark tick/cross in

8:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulkas

Palak Sabji

1 Katori Whole Moong with Tadka & Veggies

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad

1.5 Katori Rice

Paneer with Mix Sabji

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 1 - Day 4

Mark tick/cross in

8:30 AM 2 besan chilla [+ cucumber/ lauki]

10:30 AM 1 Coconut water

1:00 PM 2 Phulka
Cabbage And Peas Sabji
1 Katori Palak Dal

4:00 PM Lemon & Mint Water

6:30 PM Pop-corn

8:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross in

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Radish and Cucumber Salad

1 onion roti / thalipith

1 Katori Curd + Veggies

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Pop-corn

8:30 PM Soup

5 -6 Dhoklas

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 1 - Day 6

Mark tick/cross in

8:30 AM 1 methi thepla

10:30 AM 1 Coconut water

1:00 PM 1 Katori Curd + 1 Katori Rajma +Veggies

1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross in

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad of choice
2 Phulkas
Matar Paneer

4:00 PM Lemon & Mint Water

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
13-09-22

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