

Weight: 76 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 1 - Day 1

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

6:20 AM 1 Coconut water

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

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad + Peanuts

2 Phulka
Sabji

4:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM Veg. Pasta

1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-03-22

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

B) Refer General Guidelines.



6/26/2022

Weight: 76 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Week 1 - Day 2

Mark tick/cross in

6:20 AM

1 Tsp Methi Seeds (soaked)

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

2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

4:30 PM

4 Dates (Eat Half At A Time, Chew Well)

6:30 PM

2 Rasgullas (Completely squeeze out syrup)

8:30 PM

1 Katori Boiled Chana Chat
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
1 Plate Pani Puri

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-03-22

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6/26/2022

Weight: 76 kg

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Week 1 - Day 3

Mark tick/cross in

6:20 AM 1 Coconut water

8:30 AM 2 Idlis
Sambar Chutney

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Phulka
Sabji
Salad + Sprouts + Curd

4:30 PM 4 Dates (Eat Half At A Time, Chew Well)

6:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-03-22

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Week 1 - Day 4

Mark tick/cross :

6:20 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

10:30 AM

Tulsi tea (boil tulsi leaves in water)

1:00 PM

2 Phulkas
Paneer with Mix Veg.

4:30 PM

10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM

1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM

Cucumber And Tomato Salad
2 Katori Matar Pulav (1 Katori Peas)
Dal Fry (+ onions & tomatoes)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross :

6:20 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

10:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM

2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

4:30 PM

10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM

2 Rasgullas (Completely squeeze out syrup)

8:30 PM

Veg. Sandwich
[2 Bread Slices + Veggies]
1 tsp Butter + 1 slice cheese

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross in

6:20 AM

1 Coconut water

8:30 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM

Tulsi tea (boil tulsi leaves in water)

1:00 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

+1 tsp Ghee

Sabji

Dal/ Kadi

4:30 PM

4 Dates (Eat Half At A Time, Chew Well)

6:30 PM

2 Rasgullas (Completely squeeze out syrup)

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 :

6:20 AM

1 Coconut water

8:30 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM

2-3 Millet Chilla (50% Besan+ 50% any millet flour)

+ Dudhi

Tomato Chutney

4:30 PM

10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM

1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM

2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

Mention total in day



Exercise

(in min)

Water

(in litres)



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