

Weight: 80 kg      Name: Saniya      Age: 16 Yrs      Height: 155 Cms

### Week 2 - Day 1

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

6:20 AM      4 Dates (Eat Half At A Time, Chew Well)

8:30 AM      1 stuffed roti [palak/ methi/ coriander]

10:30 AM      Buttermilk

1:00 PM      2 Phulka  
Cabbage And Peas Sabji

4:30 PM      5 Apricot (Dried) (Eat One At A Time, Chew Well)

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

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)



Program Expiry  
21-03-22

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

**B) Refer General Guidelines.**



7/3/2022

Weight: 80 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

## Week 2 - Day 2

Mark tick/cross :

6:20 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1 besan chilla [+ cucumber/ lauki]

10:30 AM 3 tsp black til seeds

1:00 PM Salad + Sprouts

2 Phulka

Sabji

4:30 PM 1 Fruit

6:30 PM Roasted Makhana

8:30 PM 3-4 Grilled Vegetable Tikki with aloo  
(use non- stick pan, 1 tsp oil)

Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 3

Mark tick/cross in

6:20 AM

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

8:30 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM

3 tsp black til seeds

1:00 PM

1 Katori Curd + 1 Katori Rajma +Veggies

1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:30 PM

5 Apricot (Dried) (Eat One At A Time, Chew Well)

6:30 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM

Salad + 1 Katori Peanuts

1 Phulka

Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 4

Mark tick/cross in

6:20 AM

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

8:30 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

10:30 AM

Buttermilk

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:30 PM

5 Apricot (Dried) (Eat One At A Time, Chew Well)

6:30 PM

Roasted Makhana

8:30 PM

1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 5

Mark tick/cross in

6:20 AM 1 Tsp Methi Seeds (soaked)

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

10:30 AM Buttermilk

1:00 PM 1 Phulka  
Chole  
Cucumber Raita

4:30 PM 1 Fruit

6:30 PM Roasted Makhana

8:30 PM Salad  
1 Millet roti  
Sabji  
Dal

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 6

Mark tick/cross :

6:20 AM 4 Dates (Eat Half At A Time, Chew Well)

8:30 AM 1 Katori Peanuts [boiled/ roasted]  
+ veggies

10:30 AM 3 tsp black til seeds

1:00 PM 2 Phulkas  
Paneer with Mix Veg.

4:30 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

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 2 - Day 7

Mark tick/cross :

6:20 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 2 Idlis + sambar chutney

10:30 AM Buttermilk

1:00 PM Salad  
1 Katoris Rice  
Rajma

4:30 PM 1 Fruit

6:30 PM Roasted Makhana

8:30 PM 1 Chocolate Pastry

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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21-03-22

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