

Weight: 70 kg Name: Neha Age: 36Yrs Height: 147 Cms

Week 2 - Day 1

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

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

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM Salad + Peanuts

1 Phulka

Sabji

4:00 PM Dal Water

6:30 PM Sprouts Bhel

1 Katori Sprouts + Murrma + veggies

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
13-09-22

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

B) Refer General Guidelines.



7/3/2022

Weight: 70 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 2 - Day 2

Mark tick/cross in

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM

2 Katoris Khichadi

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

4:00 PM

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

6:30 PM

2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

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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Week 2 - Day 3

Mark tick/cross in

8:30 AM 2 Idlis
Sambar Chutney

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

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

4:00 PM Dal Water

6:30 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

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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Week 2 - Day 4

Mark tick/cross :

- 8:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney
- 10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)
- 1:00 PM 2 Phulkas
Paneer with Mix Veg.
- 4:00 PM Dal Water
- 6:30 PM Sprouts Bhel
1 Katori Sprouts + Murrma + veggies
- 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
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Week 2 - Day 5

Mark tick/cross in

8:30 AM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

4:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

6:30 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

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 2 - Day 6

Mark tick/cross :

8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
+1 tsp Ghee
Sabji
Dal/ Kadi

4:00 PM Dal Water

6:30 PM Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies

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 in

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM

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

+ Dudhi

Tomato Chutney

4:00 PM

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

6:30 PM

2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

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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