

Weight: 79 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 1 - Day 1

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

6:40 AM 1 Coconut water

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

10:30 AM 20g Raisin (Eat One At A Time, Chew Well)

1:00 PM 2 Phulka
Cabbage And Peas Sabji

4:00 PM 3 tsp black til seeds

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 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
05-10-22

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

B) Refer General Guidelines.



7/9/2022

Weight: 79 kg

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Age: 59Yrs

Height: 152 Cms

Week 1 - Day 2

Mark tick/cross :

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

10:30 AM 1 Egg

1:00 PM Salad
2 Phulka
Sabji

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM 2 Onion roti / thalipith
Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross in

6:40 AM

1 Coconut water

8:30 AM

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

10:30 AM

20g Raisin (Eat One At A Time, Chew Well)

1:00 PM

2 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:00 PM

3 tsp black til seeds

6:00 PM

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

8:00 PM

Salad + 1 Katori Peanuts

1 Phulka

Sabji

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 1 - Day 4

Mark tick/cross :

6:40 AM

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

8:30 AM

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

10:30 AM

20g Raisin (Eat One At A Time, Chew Well)

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:00 PM

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

6:00 PM

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

8:00 PM

Salad + 1 Egg

1 Millet roti

Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross :

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

10:30 AM 1 Egg

1:00 PM 1 Phulka
Chole
Cucumber Raita

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM Salad
1 Millet roti
Sabji
Dal

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

6:40 AM 1 Coconut water

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

10:30 AM 1 Egg

1:00 PM 2 Phulkas
Paneer with Mix Veg.

4:00 PM 3 tsp black til seeds

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

6:40 AM 1 Coconut water

8:30 AM 2 Idlis + sambar chutney

10:30 AM 20g Raisin (Eat One At A Time, Chew Well)

1:00 PM Salad
1 Katoris Rice
Rajma

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM 2 Katori Palak Khichadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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