

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 3 - Day 1

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

6:20 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

10:30 AM Buttermilk

1:00 PM 2 Phulka
Sabji
Dal
Buttermilk

4:30 PM Pani Puri Water (only water)

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)



Program Expiry
21-03-22

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

B) Refer General Guidelines.



7/10/2022

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Week 3 - Day 2

Mark tick/cross in

6:20 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 1.5 katori Upma + Veggies

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

1:00 PM Salad
2 Phulka
Sabji

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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

8:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-03-22

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7/10/2022

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Week 3 - Day 3

Mark tick/cross :

6:20 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

10:30 AM Buttermilk

1:00 PM 2 Palak Roti
Curd + veggies

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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

8:30 PM 1-2 Veg. Uttapam (With Capsicums, Tomatos, Onion)
2 Katori Sambar (Add Any Gourd Vegetable Like
Dudhi/Turia/Pumpkin)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 4

Mark tick/cross :

6:20 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 1 stuffed roti [peas/ dal]

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

1:00 PM Salad
1 Katori Rice
Chole

4:30 PM Pani Puri Water (only water)

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

8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 5

Mark tick/cross in

6:20 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 1 Coriander Stuffed Roti

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

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

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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

8:30 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 6

Mark tick/cross :

6:20 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 1½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM Buttermilk

1:00 PM Salad
2 Phulka
Sabji
Dal

4:30 PM Pani Puri Water (only water)

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

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 7

Mark tick/cross :

6:20 AM

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

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

Buttermilk

1:00 PM

2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

4:30 PM

Pani Puri Water (only water)

6:30 PM

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

8:30 PM

Saute/Tossed Salad

(Bell Peppers + Tomatoes + Paneer (6 Pcs.) + Cucumber + Zucchini)

Mention total in day



Exercise

(in min)

Water

(in litres)



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