

Weight: 69.4 kg Name: Neha Age: 36Yrs Height: 147 Cms

Week 4 - Day 1

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

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

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

1:00 PM Chopped Mix Veg Salad + ½ Katori Curd
2 Phulkas
Sabji

4:00 PM Boil Ginger, mint in water and add lemon.

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

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
13-09-22

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

B) Refer General Guidelines.



7/16/2022

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 4 - Day 2

Mark tick/cross in

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

10:30 AM Dal Water

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

4:00 PM Pani Puri Water (only water)

6:30 PM Roasted Makhana

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)



Program Expiry
13-09-22

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

B) Refer General Guidelines.



7/16/2022

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 4 - Day 3

Mark tick/cross in

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

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

1:00 PM Radish and Cucumber Salad

1 ½ Katoris Rice

1 Katori Rajma

4:00 PM Boil Ginger, mint in water and add lemon.

6:30 PM Roasted Makhana

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)



Program Expiry
13-09-22

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

B) Refer General Guidelines.



7/16/2022

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 4 - Day 4

Mark tick/cross in

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM Dal Water

1:00 PM Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

4:00 PM Boil Ginger, mint in water and add lemon.

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

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

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.



7/16/2022

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 4 - Day 5

Mark tick/cross in

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

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 Pani Puri Water (only water)

6:30 PM Roasted Makhana

8:30 PM 2 Katoris Veg. Khichadi
Cabbage soup

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.



7/16/2022

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 4 - Day 6

Mark tick/cross i

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

10:30 AM Dal Water

1:00 PM 2 Phulka
Sabji

4:00 PM Boil Ginger, mint in water and add lemon.

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Free Meal!!

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.



7/16/2022

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 4 - Day 7

Mark tick/cross :

8:30 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM

Dal Water

1:00 PM

2 Phulkas

Paneer with Mix Veg.

4:00 PM

Pani Puri Water (only water)

6:30 PM

Roasted Makhana

8:30 PM

Saute/Tossed Salad

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

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.