

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

Week 4 - Day 1

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

6:20 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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

10:30 AM Dal Water

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

4:30 PM 3 tsp black til seeds

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

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.



7/16/2022

Weight: 79 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Week 4 - Day 2

Mark tick/cross in

6:20 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

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

10:30 AM

1 Slice/ Cube Cheese

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:30 PM

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

6:30 PM

Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:30 PM

Cucumber And cabbage Salad

2 Moong dal chilla (+ Veggies)

onion tomato chutney

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
21-03-22

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7/16/2022

Weight: 79 kg

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Week 4 - Day 3

Mark tick/cross :

6:20 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM

1 Slice/ Cube Cheese

1:00 PM

Radish and Cucumber Salad

1 ½ Katoris Rice

1 Katori Rajma

4:30 PM

3 tsp black til seeds

6:30 PM

1 Glass Milk + 1 tbsp chia seeds

8:30 PM

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
21-03-22

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7/16/2022

Weight: 79 kg

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Age: 16 Yrs

Height: 155 Cms

Week 4 - Day 4

Mark tick/cross :

6:20 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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)

4:30 PM

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

6:30 PM

1 Glass Milk + 1 tbsp chia seeds

8:30 PM

Salad

2 Phulkas

Matar Paneer

Mention total in day



Exercise
(in min)

Water

(in litres)



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21-03-22

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7/16/2022

Weight: 79 kg

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Week 4 - Day 5

Mark tick/cross in

6:20 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

Fruit Smoothie / Bowl

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

10:30 AM

1 Slice/ Cube Cheese

1:00 PM

2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

4:30 PM

3 tsp black til seeds

6:30 PM

Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:30 PM

Cucumber And Tomato Salad

2 Katori Matar Pulav (1 Katori Peas)

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
21-03-22

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7/16/2022

Weight: 79 kg

Name: Saniya

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Week 4 - Day 6

Mark tick/cross :

6:20 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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

10:30 AM 1 Slice/ Cube Cheese

1:00 PM 2 Phulka
Sabji

4:30 PM 2 Anjir (Eat Half At A Time, Chew Well)

6:30 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-03-22

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7/16/2022

Weight: 79 kg

Name: Saniya

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Height: 155 Cms

Week 4 - Day 7

Mark tick/cross in

6:20 AM

1 Tsp Methi Seeds (soaked)

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.

4:30 PM

3 tsp black til seeds

6:30 PM

1 Glass Milk + 1 tbsp chia seeds

8:30 PM

1 Katori Boiled Rajma

+ Saute Veggies

Curd Dressing with herbs

Mention total in day



Exercise
(in min)

Water

(in litres)



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