

Weight: 78.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 2 - Day 1

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

6:40 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 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 Tulsi tea (boil tulsi leaves in water)

6:00 PM Pop-Corn

8:00 PM Cucumber And Tomato Salad
2 Katori Matar Pulav (1 Katori Peas)

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.



7/15/2022

Weight: 78.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 2 - Day 2

Mark tick/cross :

6:40 AM

Ginger juice + Honey (each 1 tsp)

8:30 AM

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

10:30 AM

1 Fruit

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:00 PM

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

6:00 PM

30g Coconut (grated or 2" x 2" Piece)

8:00 PM

Cucumber And cabbage Salad

2 Moong dal chilla (+ Veggies)

onion tomato chutney

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 2 - Day 3

Mark tick/cross :

6:40 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 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM Radish and Cucumber Salad
1 Katori Rice
Rajma

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:00 PM Pop-Corn

8:00 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)



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Week 2 - Day 4

Mark tick/cross in

6:40 AM

Ginger juice + Honey (each 1 tsp)

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

Salad (+ moth sprouts)

2 Phulkas

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

4:00 PM

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

6:00 PM

Pop-Corn

8:00 PM

Saute Paneer - 60g

+ Saute veggies (Bell Peppers + Tomatoes + Cucumber + Zucchini)

Mention total in day



Exercise
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Water
(in litres)



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Week 2 - Day 5

Mark tick/cross :

6:40 AM Ginger juice + Honey (each 1 tsp)

8:30 AM 2 Eggs + veggies

10:30 AM 1 Fruit

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

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM Grilled Chicken
Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 6

Mark tick/cross :

6:40 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 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM 2 Phulka
Sabji

4:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 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

6:40 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

1 Fruit

1:00 PM

2 Phulkas

Paneer with Mix Veg.

4:00 PM

Tulsi tea (boil tulsi leaves in water)

6:00 PM

Pop-Corn

8:00 PM

1 Katori Boiled Rajma

+ Saute Veggies

Curd Dressing with herbs

Mention total in day



Exercise
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