

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

**Week 3 - Day 1**

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

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

8:30 AM      2 besan chilla [+ cucumber/ lauki]

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

1:00 PM      Salad + Sprouts

2 Phulka  
Sabji

4:00 PM      4 Dates (Eat Half At A Time, Chew Well)

6:00 PM      1 Slice/ Cube Cheese

1 Fruit

8:00 PM      Clear Vegetable Soup

2 Katoris Oats Upma (+ mix veggies)

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.**



7/21/2022

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## Week 3 - Day 2

Mark tick/cross :

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:30 AM

1 Fruit

1:00 PM

Salad

2 Phulkas

Matar Paneer

4:00 PM

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

6:00 PM

1 Katori Peanuts [boiled/ roasted]

8:00 PM

2 Katoris Veg. Khichadi

Cabbage soup

Mention total in day



Exercise

(in min)

Water

(in litres)



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### Week 3 - Day 3

Mark tick/cross in

6:40 AM

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

8:30 AM

1 Dosa  
chutney

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

4 Dates (Eat Half At A Time, Chew Well)

6:00 PM

1 Slice/ Cube Cheese  
1 Fruit

8:00 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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## Week 3 - Day 4

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

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

10:30 AM

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

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:00 PM

4 Dates (Eat Half At A Time, Chew Well)

6:00 PM

1 Katori Peanuts [boiled/ roasted]

8:00 PM

Sprouts Salad

2 Katori Veg pulav [1 katori cooked rice]

Kadi

Mention total in day



Exercise  
(in min)

Water

(in litres)



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## Week 3 - Day 5

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:30 AM

1 Fruit

1:00 PM

2 Phulka  
Cabbage And Peas Sabji  
1 Katori Palak Dal

4:00 PM

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

6:00 PM

1 Katori Peanuts [boiled/ roasted]

8:00 PM

1 ½ Katori Sprouts [with tadka]  
sauted Veggies  
Curd + Herbs for dressing

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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### Week 3 - Day 6

Mark tick/cross :

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

8:30 AM 1 methi thepla

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

1:00 PM Salad  
1 Katori Rice  
Chole

4:00 PM 4 Dates (Eat Half At A Time, Chew Well)

6:00 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 3 - Day 7

Mark tick/cross :

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

8:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:30 AM 1 Fruit

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 1 Katori Peanuts [boiled/ roasted]

8:00 PM Veg. Pasta  
1 Katori Boiled Pasta  
+ lot of Veggies/ vegetable gravy Of Choice,  
+ 1 Cube Cheese

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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