

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

Week 5 - 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 2 besan chilla [+ cucumber/ lauki]

10:30 AM Buttermilk

1:00 PM Salad + Sprouts

2 Phulka
Sabji

4:30 PM Tulsi tea (boil tulsi leaves in water)

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

8:30 PM Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

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.



7/21/2022

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Week 5 - Day 2

Mark tick/cross :

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

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

10:30 AM Ginger juice + Honey (each 1 tsp)
can add water

1:00 PM Salad
2 Phulkas
Matar Paneer

4:30 PM 2 tsp roasted Sauf

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

8:30 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5 - Day 3

Mark tick/cross in

6:20 AM

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

8:30 AM

1 Dosa
chutney

10:30 AM

Buttermilk

1:00 PM

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

4:30 PM

2 tsp roasted Sauf

6:30 PM

1 Glass Milk + 1 tbsp chia seeds

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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Week 5 - Day 4

Mark tick/cross :

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

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

10:30 AM Buttermilk

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

4:30 PM Tulsi tea (boil tulsi leaves in water)

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

8:30 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 5 - Day 5

Mark tick/cross :

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

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

10:30 AM Ginger juice + Honey (each 1 tsp)
can add water

1:00 PM 2 Phulka
Cabbage And Peas Sabji
1 Katori Palak Dal

4:30 PM 2 tsp roasted Sauf

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

8:30 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 5 - Day 6

Mark tick/cross :

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

8:30 AM 1 methi thepla

10:30 AM Buttermilk

1:00 PM Salad
1 Katori Rice
Chole

4:30 PM Tulsi tea (boil tulsi leaves in water)

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

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5 - Day 7

Mark tick/cross :

6:20 AM

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

8:30 AM

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

10:30 AM

Ginger juice + Honey (each 1 tsp)

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:30 PM

Tulsi tea (boil tulsi leaves in water)

6:30 PM

1 Glass Milk + 1 tbsp chia seeds

8:30 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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