

Weight: 96 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

Week 1 - Day 1

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

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Fruit

11:30 AM Salad + Sprouts
2 Phulka
Sabji

2:00 PM 20g Raisin (Eat One At A Time, Chew Well)

5:00 PM 1 besan chilla [+ cucumber/ lauki]

8:00 PM Salad
2 Phulkas
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-10-22

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

B) Refer General Guidelines.



7/28/2022

Weight: 96 kg

Name: Dharmesh

Age: 42 Yrs

Height: 167 Cms

Week 1 - Day 2

Mark tick/cross :

7:30 AM

Ginger juice + Honey (each 1 tsp)

10:00 AM

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

11:30 AM

Salad

2 Phulkas

Matar Paneer

2:00 PM

1 Coconut water

5:00 PM

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

8:00 PM

2 Katoris Veg. Khichadi

Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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Weight: 96 kg

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Week 1 - Day 3

Mark tick/cross :

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Fruit

11:30 AM Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

2:00 PM 20g Raisin (Eat One At A Time, Chew Well)

5:00 PM 1 Dosa
chutney

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 1 - Day 4

Mark tick/cross :

7:30 AM Ginger juice + Honey (each 1 tsp)

10:00 AM 1 Fruit

11:30 AM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

2:00 PM 20g Raisin (Eat One At A Time, Chew Well)

5:00 PM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

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 1 - Day 5

Mark tick/cross :

7:30 AM

Ginger juice + Honey (each 1 tsp)

10:00 AM

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

11:30 AM

2 Phulka

Cabbage And Peas Sabji

1 Katori Palak Dal

2:00 PM

1 Coconut water

5:00 PM

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

8:00 PM

Salad

2 Phulkas

Corn Palak Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

11:30 AM Salad
1 Katori Rice
Chole

2:00 PM 20g Raisin (Eat One At A Time, Chew Well)

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-10-22

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7/28/2022

Weight: 96 kg

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Week 1 - Day 7

Mark tick/cross in

7:30 AM Ginger juice + Honey (each 1 tsp)

10:00 AM 1 Fruit

11:30 AM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

2:00 PM 1 Coconut water

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM Salad (Carrot + Radish +Other Veggies)
2 Stuffed Lauki Roti
Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-10-22

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