

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

Week 4 - Day 1 (Fast)

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) |
| <input type="checkbox"/> | |
| 8:30 AM | 1 Glass Milk + 1 tbsp chia seeds |
| <input type="checkbox"/> | |
| 10:30 AM | Nil |
| <input type="checkbox"/> | |
| 1:00 PM | Fruit Smoothie / Bowl Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds |
| <input type="checkbox"/> | |
| 4:00 PM | 4 Anjir (Eat Half At A Time, Chew Well) |
| <input type="checkbox"/> | |
| 6:00 PM | |
| <input type="checkbox"/> | @ 7 pm |
| 8:00 PM | Salad |
| <input type="checkbox"/> | 2 Phulka |
| | Sabji |
| | Dal |

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.



7/29/2022

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Week 4 - Day 2

Mark tick/cross :

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 1-2 Chilla [oats + onion + coriander + veggies]

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

1:00 PM Salad
1 Katori Rice
Palak Dal

4:00 PM Buttermilk

6:00 PM Pop-Corn

8:00 PM 1 Katori Curd + 1 Katori Rajma +Veggies
1 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 4 - Day 3

Mark tick/cross :

6:40 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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 Pani Puri Water (only water)

6:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:00 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)



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Week 4 - Day 4

Mark tick/cross :

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Stuffed Roti (peas)
Tomato Chutney

4:00 PM Buttermilk

6:00 PM Pop-Corn

8:00 PM Salad
1 Katori Rice
Black Dal

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 4 - Day 5

Mark tick/cross in

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 1-2 Chilla [oats + onion + coriander + veggies]

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

1:00 PM Salad
2 Phulka
Sabji
Buttermilk

4:00 PM Pani Puri Water (only water)

6:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:00 PM 2 Phulka
Cabbage And Peas Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 4 - Day 6

Mark tick/cross :

6:40 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad + Sprouts

2 Phulka

Sabji

4:00 PM Pani Puri Water (only water)

6:00 PM Pop-Corn

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 4 - Day 7

Mark tick/cross :

6:40 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Stuffed Lauki Roti
Kadi

4:00 PM Buttermilk

6:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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