

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

**Week 6 - Day 1**

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

Night 9pm      Lemon water [or]  
to      Mint water [or]  
Afternoon 12      sauf water [or] Cinnamon water [or]  
Green Tea

12:00 PM      Salad  
      2 Phulka  
                 Sabji  
                 Dal

3:30 PM      8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM      Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM      Salad  
      1.5 Katori Rice  
                 Black Dal

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.**



7/29/2022

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## Week 6 - Day 2

Mark tick/cross in

Night 9pm to Afternoon 12  
 Lemon water [or]  
 Mint water [or]  
 sauf water [or] Cinnamon water [or]  
 Green Tea

12:00 PM  
  
 Salad  
 2 Phulka  
 Sabji  
 Palak Dal

3:30 PM  
  
 4 Dates (Eat Half At A Time, Chew Well)

5:30 PM  
  
 Roasted Makhana

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 6 - Day 3

Mark tick/cross in

Night 9pm to Afternoon 12  
 Lemon water [or]  
 Mint water [or]  
 sauf water [or] Cinnamon water [or]  
 Green Tea

12:00 PM  
  
 Salad  
 2 Millet roti [jowar/ makka/ bajra/ ragi]  
 Sabji  
 Dal/ Kadi

3:30 PM  
  
 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM  
  
 Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

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 6 - Day 4

Mark tick/cross in

Night 9pm to Afternoon 12

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

12:00 PM

2 Stuffed Roti (peas)  
Tomato Chutney

3:30 PM

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

5:30 PM

Roasted Makhana

8:00 PM

Soup  
3 Slices Pizza

Mention total in day

 Exercise  
(in min)

Water   
(in litres)

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## Week 6 - Day 5

Mark tick/cross in

Night 9pm to Afternoon 12

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

12:00 PM

Salad  
2 Phulka  
Sabji  
Buttermilk

3:30 PM

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

5:30 PM

Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM

2 Phulka  
Cabbage And Peas Sabji

Mention total in day

 Exercise  
(in min)

Water   
(in litres)

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## Week 6 - Day 6

Mark tick/cross in

Night 9pm to Afternoon 12  
 Lemon water [or]  
 Mint water [or]  
 sauf water [or] Cinnamon water [or]  
 Green Tea

12:00 PM  
  
 Salad + Sprouts  
 2 Phulka  
 Sabji  
 Buttermilk

3:30 PM  
  
 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM  
  
 Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM  
  
 Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 6 - Day 7

Mark tick/cross in

Night 9pm to Afternoon 12  
 Lemon water [or]  
 Mint water [or]  
 sauf water [or] Cinnamon water [or]  
 Green Tea

12:00 PM  
  
 2 Stuffed Lauki Roti  
 Kadi

3:30 PM  
  
 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM  
  
 Roasted Makhana

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

Mention total in day

 Exercise  
 (in min)

Water  
 (in litres) 

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21-03-22

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