

Weight: 65 kg Name: Amit Age: 40Y Height: 165 Cms

Week 16 - 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) |
| <input type="checkbox"/> | |
| 9:45 AM | 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] |
| <input type="checkbox"/> | |
| 12:00 PM | 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) |
| <input type="checkbox"/> | |
| 2:00 PM | Salad
2 Phulka
Sabji
Dal |
| <input type="checkbox"/> | |
| 5:30 PM | Raita [1 Katori Curd + Veggies] |
| <input type="checkbox"/> | |
| 8:15 PM | 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney |
| <input type="checkbox"/> | |
| 9:30 PM | 1 Egg |
| <input type="checkbox"/> | |

Mention total in day

 **Exercise**
(in min)

Water
(in litres) 

Program Expiry
10-07-22

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

B) Refer General Guidelines.



30-07-22

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Week 16 - Day 2

Mark tick/cross in

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:45 AM 1-2 Chilla [oats + onion + coriander + veggies]

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Katori Rice
Palak Dal

5:30 PM 2 Rasgullas (Completely squeeze out syrup)

8:15 PM 1 Katori Curd + 1 Katori Rajma +Veggies
1 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

9:30 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 3

Mark tick/cross in

7:30 AM

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

9:45 AM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM

30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

2:00 PM

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

5:30 PM

Raita [1 Katori Curd + Veggies]

8:15 PM

2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

9:30 PM

1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 4

Mark tick/cross in

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:45 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

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

5:30 PM Raita [1 Katori Curd + Veggies]

8:15 PM Salad
1 Katori Rice
Black Dal

9:30 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 5

Mark tick/cross in

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:45 AM 1-2 Chilla [oats + onion + coriander + veggies]

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Sabji
Buttermilk

5:30 PM 2 Rasgullas (Completely squeeze out syrup)

8:15 PM 2 Phulka
Cabbage And Peas Sabji

9:30 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 6

Mark tick/cross in

7:30 AM

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

9:45 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

12:00 PM

30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

2:00 PM

Salad + Sprouts

2 Phulka

Sabji

5:30 PM

2 Rasgullas (Completely squeeze out syrup)

8:15 PM

Free Meal!!

9:30 PM

Nil

Mention total in day



Exercise

(in min)

Water

(in litres)



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30-07-22

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Week 16 - Day 7

Mark tick/cross in

7:30 AM

Nil

9:45 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM

30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

2:00 PM

2 Stuffed Lauki Roti

Kadi

5:30 PM

Raita [1 Katori Curd + Veggies]

8:15 PM

Salad

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

Sabji

Dal/ Kadi

9:30 PM

1 Egg

Mention total in day



Exercise

(in min)

Water

(in litres)



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