

Weight: 76.7 kg      Name: Anjali      Age: 59Yrs      Height: 152 Cms

**Week 5 - Day 1 (Fast)**

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

- |                          |  |
|--------------------------|--|
| 6:40 AM                  | 8 Pcs. Walnuts (Eat One At A Time, Chew Well)                        |
| <input type="checkbox"/> |  |
| 8:30 AM                  | Fruit Smoothie / Bowl  |
| <input type="checkbox"/> | Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds |
| 10:30 AM                 | Nil  |
| <input type="checkbox"/> |  |
| 1:00 PM                  | 1-2 Peanut Laddu (min jaggery)                                       |
| <input type="checkbox"/> |  |
| 4:00 PM                  | 1 Fruit  |
| <input type="checkbox"/> |  |
| 6:00 PM                  |  |
| <input type="checkbox"/> | @ 7 pm   |
| 8:00 PM                  | Salad + Sprouts  |
| <input type="checkbox"/> | 1 Phulka   |
|                          | Sabji  |
|                          | 1 Katori Kheer [min sugar, no cream]                                 |

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.**



8/7/2022

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## Week 5 - Day 2

Mark tick/cross in

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

10:30 AM 1 Coconut water

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

4:00 PM Dal Water

6:00 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

8:00 PM 2 Moong dal chilla (+lauki)  
Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 3

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 3 tsp black til seeds

1:00 PM Salad

1 Phulka

Sabji

Buttermilk

4:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:00 PM Salad

1 Katori Rice

1 Katori Rajma

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 5 - Day 4

Mark tick/cross :

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

10:30 AM

1 Coconut water

1:00 PM

1 Stuffed Palak Roti  
Kadi

4:00 PM

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

6:00 PM

Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

8:00 PM

1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 5

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 1 Coconut water

1:00 PM 1 Katori rice

Sabji

Dal

4:00 PM Dal Water

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

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 5 - Day 6

Mark tick/cross :

6:40 AM

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

8:30 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM

3 tsp black til seeds

1:00 PM

Salad

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

Sabji

Dal/ Kadi

4:00 PM

Dal Water

6:00 PM

2 Rasgullas (Completely squeeze out syrup)

8:00 PM

Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 5 - Day 7

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

10:30 AM

3 tsp black til seeds

1:00 PM

1 Phulka  
Matar Paneer

4:00 PM

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

6:00 PM

Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

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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