

Weight: 80 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 7 - 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
 Buttermilk

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
 No sugar/ jaggery to be added

8:00 PM 2 Stuffed Roti (Cauliflower)
 1 Katori dahi + veggies

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.



8/7/2022

Weight: 80 kg

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Age: 16 Yrs

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Week 7 - 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
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

3:30 PM

Tulsi tea (boil tulsi leaves in water)

5:30 PM

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

8:00 PM

2-3 Moong dal chilla (+lauki)
Green Chutney

Mention total in day

 Exercise
(in min)

Water 
(in litres)

Program Expiry
21-03-22

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Week 7 - 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 Phulka
 Sabji
 Buttermilk

3:30 PM

 Tulsi tea (boil tulsi leaves in water)

5:30 PM

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

8:00 PM

 Salad
 1 Katori Rice
 1 Katori Rajma

Mention total in day

 Exercise
 (in min)

Water
 (in litres) 

Program Expiry
21-03-22

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Week 7 - 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 Palak Roti
Kadi

3:30 PM

Tulsi tea (boil tulsi leaves in water)

5:30 PM

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

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 7 - 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

 1.5 Katori rice
 Sabji
 Dal

3:30 PM

 Tulsi tea (boil tulsi leaves in water)

5:30 PM

 Fruit Smoothie / Bowl
 Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax 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 7 - 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
 1 Millet roti [jowar/ makka/ bajra/ ragi]
 Sabji
 Dal/ Kadi

3:30 PM

 Tulsi tea (boil tulsi leaves in water)

5:30 PM

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

8:00 PM

 Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
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8/7/2022

Weight: 80 kg

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Week 7 - 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 Phulka
 Matar Paneer

3:30 PM

 Tulsi tea (boil tulsi leaves in water)

5:30 PM

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

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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