

Weight: 64.2 kg Name: Amit Age: 40Y Height: 165 Cms

Week 18 - Day 1

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

7:30 AM 1 Glass Water + 1 tbsp chia seeds

9:45 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:00 PM 1 Fruit

2:00 PM Salad +1/2 Katori Sprouts

2 Phulka
Sabji

5:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

8:15 PM 2 Katoris Khichadi

with lots of veggies and tadka

9:30 PM Tulsi tea (boil tulsi leaves in water)

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.



12-08-22

Weight: 64.2 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Week 18 - Day 2

Mark tick/cross in

7:30 AM

1 Glass Water + 1 tbsp chia seeds

9:45 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:00 PM

1 Fruit

2:00 PM

Salad
2 Phulka
Sabji
Buttermilk

5:30 PM

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

8:15 PM

Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

9:30 PM

Tulsi tea (boil tulsi leaves in water)

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.



12-08-22

Weight: 64.2 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Week 18 - Day 3

Mark tick/cross in

7:30 AM 1 Glass Water + 1 tbsp chia seeds

9:45 AM 1 onion roti/ thalipith

12:00 PM Buttermilk

2:00 PM 2 Phulkas
Paneer with Mix Veg.

5:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:15 PM Salad
1 Millet roti
Sabji
Dal

9:30 PM 1 Egg

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.



12-08-22

Weight: 64.2 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Week 18 - Day 4

Mark tick/cross in

7:30 AM 1 Glass Water + 1 tbsp chia seeds

9:45 AM 1 stuffed roti [peas/ dal]

12:00 PM 1 Fruit

2:00 PM 2 Phulka
Sabji
1 Katori Palak Dal

5:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:15 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]
1 Slice Cheese

9:30 PM Tulsi tea (boil tulsi leaves in water)

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.



12-08-22

Weight: 64.2 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Week 18 - Day 5

Mark tick/cross in

7:30 AM 1 Glass Water + 1 tbsp chia seeds

9:45 AM 1 methi thepla

12:00 PM Buttermilk

2:00 PM Salad
2 Phulkas
Matar Paneer

5:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:15 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney

9:30 PM 1-2 Egg

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.



12-08-22

Weight: 64.2 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Week 18 - Day 6

Mark tick/cross in

7:30 AM

1 Glass Water + 1 tbsp chia seeds

9:45 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:00 PM

1 Fruit

2:00 PM

2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:30 PM

1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:15 PM

Free Meal!!

9:30 PM

Nil

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.



12-08-22

Weight: 64.2 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Week 18 - Day 7

Mark tick/cross in

7:30 AM

Nil

9:45 AM

2 Idlis

Sambar Chutney

12:00 PM

Buttermilk

2:00 PM

1 Stuffed Roti (Cauliflower)

1 Katori dahi + veggies

5:30 PM

Free Snack!!

8:15 PM

Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 1 tbsp chia seeds

9:30 PM

Tulsi tea (boil tulsi leaves in water)

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.