

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

**Week 8 - Day 1**

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

Night 8pm to 8am      Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM      1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
      No sugar/ jaggery to be added

12:30 PM      Salad +1/2 Katori Sprouts  
      2 Phulka  
Sabji

4:30 PM      Saute Peas with onion

7:00 PM      2 Katoris Khichadi  
      with lots of veggies and tadka

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.**



12-08-22

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Week 8 - Day 2

Mark tick/cross in

Night 8pm to 8am

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

8:30 AM

1 Katori Peanuts roasted  
+ Murmura

12:30 PM

Salad  
2 Phulka  
Sabji  
Buttermilk

4:30 PM

1 Bread + 1 Slice cheese + veggies

7:00 PM

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

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
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12-08-22

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## Week 8 - Day 3

Mark tick/cross in

Night 8pm  
to  
8am

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

8:30 AM

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

12:30 PM

2 Phulkas  
Paneer with Mix Veg.

4:30 PM

Saute Peas with onion

7:00 PM

Salad  
1 Millet roti  
Sabji  
Dal

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 8 - Day 4

Mark tick/cross in

Night 8pm  
to  
8am

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

8:30 AM

1 Katori Peanuts roasted  
+ Murmura

12:30 PM

2 Phulka  
Sabji  
1 Katori Palak Dal

4:30 PM

1 Bread + 1 Slice cheese + veggies

7:00 PM

Salad  
2 Phulkas  
Sabji

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 8 - Day 5**

Mark tick/cross in

Night 8pm  
to  
8am

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

8:30 AM

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

12:30 PM

Salad  
2 Phulkas  
Matar Paneer

4:30 PM

1 Bread + 1 Slice cheese + veggies

7:00 PM

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

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 8 - Day 6

Mark tick/cross in

Night 8pm  
to  
8am

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

8:30 AM

2 Fruits

12:30 PM

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

4:30 PM

Saute Peas with onion

7:00 PM

Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 8 - Day 7

Mark tick/cross in

Night 8pm  
to  
8am

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

8:30 AM

2 Idlis  
Sambar Chutney

12:30 PM

2 Stuffed Roti (Cauliflower)  
1 Katori dahi + veggies

4:30 PM

Saute Peas with onion

7:00 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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