

Weight: 94.5 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

Week 2 - Day 1

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

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

11:30 AM Salad +1/2 Katori Curd

2 Phulka
Sabji

2:00 PM Buttermilk

5:00 PM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

8:00 PM 2 Katoris Khichadi
with lots of veggies and tadka

Mention total in day

 **Exercise**
(in min)

Water
(in litres) 

Program Expiry
21-10-22

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

B) Refer General Guidelines.



13-08-22

Weight: 94.5 kg

Name: Dharmesh

Age: 42 Yrs

Height: 167 Cms

Week 2 - Day 2

Mark tick/cross in

7:30 AM 1 Glass Milk (No Sugar)

10:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

11:30 AM Salad
2 Phulka
Sabji
Buttermilk

2:00 PM 30g Coconut (grated or 2" x 2" Piece)

5:00 PM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

8:00 PM Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-10-22

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13-08-22

Weight: 94.5 kg

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Week 2 - Day 3

Mark tick/cross in

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM Dal Water

11:30 AM 2 Phulkas
Paneer with Mix Veg.

2:00 PM Buttermilk

5:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Salad
1 Millet roti
Sabji
Dal

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-10-22

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13-08-22

Weight: 94.5 kg

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Week 2 - Day 4

Mark tick/cross in

7:30 AM 1 Glass Milk (No Sugar)

10:00 AM Dal Water

11:30 AM 2 Phulka

Sabji

1 Katori Palak Dal

2:00 PM 30g Coconut (grated or 2" x 2" Piece)

5:00 PM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

8:00 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]

1 Slice Cheese

Mention total in day



Exercise
(in min)

Water

(in litres)



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21-10-22

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13-08-22

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Week 2 - Day 5

Mark tick/cross in

7:30 AM 1 Glass Milk (No Sugar)

10:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

11:30 AM Salad
2 Phulkas
Matar Paneer

2:00 PM Buttermilk

5:00 PM Raita [1 Katori Curd + Veggies]

8:00 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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21-10-22

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Week 2 - Day 6

Mark tick/cross in

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM Dal Water

11:30 AM 2 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)

2:00 PM 30g Coconut (grated or 2" x 2" Piece)

5:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-10-22

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13-08-22

Weight: 94.5 kg

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Week 2 - Day 7

Mark tick/cross in

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

11:30 AM 2 Stuffed Roti (Cauliflower)
Chutney

2:00 PM Buttermilk

5:00 PM Raita [1 Katori Curd + Veggies]

8:00 PM Salad
1 Katori Rice
Rajma

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
21-10-22

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