

Weight: 75.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 6 - Day 1

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

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM Salad + 1/2 Katori Sprouts
1 Phulka
Sabji

4:00 PM 1 Coconut water

6:00 PM Murmura (+ Veggies + Green Chutney)

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

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.



20-08-22

Weight: 75.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 6 - Day 2

Mark tick/cross in

6:40 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 1 Fruit

1:00 PM Salad
1 Phulka
Sabji
Buttermilk

4:00 PM 1 Coconut water

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

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

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 6 - Day 3

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1 onion roti/ thalipith

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM 1 Phulka
Paneer with Mix Veg.

4:00 PM Buttermilk

6:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM Salad
1 Millet roti
Sabji
Dal

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 6 - Day 4

Mark tick/cross in

6:40 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:30 AM 1 stuffed roti [peas/ dal]

10:30 AM 1 Fruit

1:00 PM 1 Phulka
Sabji
1 Katori Palak Dal

4:00 PM 1 Coconut water

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

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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Week 6 - Day 5

Mark tick/cross in

6:40 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:30 AM 1 methi thepla

10:30 AM 1 Fruit

1:00 PM Salad
1 Phulka
Matar Paneer

4:00 PM Buttermilk

6:00 PM Murmura (+ Veggies + Green Chutney)

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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20-08-22

Weight: 75.5 kg

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Age: 59Yrs

Height: 152 Cms

Week 6 - Day 6

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

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

10:30 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM

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

4:00 PM

1 Coconut 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 6 - Day 7

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 2 Idlis
Sambar Chutney

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

4:00 PM Buttermilk

6:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 1 tbsp chia seeds

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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