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**Ex-Diet Consultant** 

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

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20-08-22

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	$1\frac{1}{2}$ 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



- 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	s i
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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20-08-22

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### **Week 6 -** Day 3

Mark tick/cross i		
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



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20-08-22

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

### **Week 6 -** Day 4

Mark tick/cross		
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	



Water (in litres)

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20-08-22

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

### **Week 6 -** Day 5

Mark tick/cross	i
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



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20-08-22

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

### **Week 6 -** Day 6

Mark tick/cross		
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!!	



Water (in litres)

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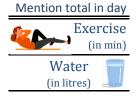


20-08-22

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

### **Week 6 -** Day 7

Mark tick/cross		
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	



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