

Weight: 93 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

Week 3 - Day 1

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

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Coconut water

11:30 AM Salad
2 Phulka
Sabji
Dal

2:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:00 PM 1½ katoris upma [made of oats/ sevaiya + veggies]

8:00 PM 2 Dosa
Sambar chutney

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.



20-08-22

Weight: 93 kg

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Week 3 - Day 2

Mark tick/cross in

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM 3 tsp black til seeds

11:30 AM Salad
2 Phulka
Paneer Peas Sabji

2:00 PM Tulsi tea (boil tulsi leaves in water)

5:00 PM Sprouts Bhel
1 Katori Sprouts + Murrma + veggies

8:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
21-10-22

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20-08-22

Weight: 93 kg

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Week 3 - Day 3

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Coconut water

11:30 AM Salad
1 ½ Katoris Rice
1 Katori Rajma

2:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:00 PM 2 moong dal chilla (+ Lauki/carrot)
onion tomato chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 3 - Day 4

Mark tick/cross in

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM 1 Coconut water

11:30 AM 2 Phulka
Cabbage And Peas Sabji
Dal

2:00 PM Tulsi tea (boil tulsi leaves in water)

5:00 PM Sprouts Bhel
1 Katori Sprouts + Murrua + veggies

8:00 PM Mix Veg. Soup (Not Strained)
2 Katori Palak Khichadi

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
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Week 3 - Day 5

Mark tick/cross in

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM 3 tsp black til seeds

11:30 AM Salad
2 Phulkas
Chole

2:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:00 PM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

8:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 3 - Day 6

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 3 tsp black til seeds

11:30 AM Salad
1 ½ Katoris Rice
Black Dal

2:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:00 PM Sprouts Bhel
1 Katori Sprouts + Murrma + veggies

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-10-22

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20-08-22

Weight: 93 kg

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Week 3 - Day 7

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Coconut water

11:30 AM Salad
1 Millet roti
Sabji
Dal

2:00 PM Tulsi tea (boil tulsi leaves in water)

5:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:00 PM Salad
2 Phulkas
Besan/ Dal

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-10-22

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