

Weight: 73 kg      Name: Payal      Age: 28Yrs      Height: 160 Cms

**Week 2 - Day 1**

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

7:00 AM      8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM      1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

12:00 PM      Salad  
2 Phulka  
Sabji  
Dal

3:30 PM      Tulsi tea (boil tulsi leaves in water)

5:30 PM      Pop-corn

8:00 PM      2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
08-11-22

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

**B) Refer General Guidelines.**



8/24/2022

Weight: 73 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

## Week 2 - Day 2

Mark tick/cross

7:00 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM

1½ katoris upma [made of oats/ sevaiya + veggies]

12:00 PM

Salad

2 Phulka

Paneer Peas Sabji

3:30 PM

5 Apricot (Dried) (Eat One At A Time, Chew Well)

5:30 PM

1 Slice/ Cube Cheese

1 Fruit

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)



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08-11-22

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**Week 2 - Day 3**

Mark tick/cross

7:00 AM 3 tsp black til seeds

9:00 AM 1 stuffed roti [peas/ dal]

12:00 PM Salad  
1 ½ Katoris Rice  
1 Katori Rajma

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM Pop-corn

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 2 - Day 4

Mark tick/cross

7:00 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM

2 Phulka

Cabbage And Peas Sabji

Dal

3:30 PM

Tulsi tea (boil tulsi leaves in water)

5:30 PM

1 Slice/ Cube Cheese

1 Fruit

8:00 PM

Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 2 - Day 5

Mark tick/cross

7:00 AM 3 tsp black til seeds

9:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

12:00 PM Salad  
2 Phulkas  
Chole

3:30 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

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 2 - Day 6**

Mark tick/cross

7:00 AM 3 tsp black til seeds

9:00 AM 1 Chilla [oats + onion + coriander + veggies]

12:00 PM Salad  
1 ½ Katoris Rice  
Black Dal

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM Pop-corn

8:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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08-11-22

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## Week 2 - Day 7

Mark tick/cross

7:00 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM

Salad

1 Millet roti

Sabji

Dal

3:30 PM

5 Apricot (Dried) (Eat One At A Time, Chew Well)

5:30 PM

1 Slice/ Cube Cheese

1 Fruit

8:00 PM

Salad

2 Phulkas

Besan/ Dal

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

08-11-22

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