

Weight: 75 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 7 - Day 1

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

6:40 AM Tulsi Water (soak tulsi leaves in water overnight)

8:30 AM 2 besan chilla [+ cucumber/ lauki]

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM Salad
1 Phulka
Palak Sabji
Dal

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

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.



8/27/2022

Weight: 75 kg

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Week 7 - Day 2

Mark tick/cross :

6:40 AM Pani Puri Water (only water)

8:30 AM 1 Stuffed roti [palak/ methi/ coriander]
Curd

10:30 AM 3 tsp black til seeds

1:00 PM Salad
1 Phulka
Sabji with peas

5:00 PM Roasted Makhana

8:00 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 7 - Day 3

Mark tick/cross :

6:40 AM Tulsi Water (soak tulsi leaves in water overnight)

8:30 AM 2-3 Eggs + veggies

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM Salad
1 Katori Rice
Chole

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 1 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 7 - Day 4

Mark tick/cross in

6:40 AM Tulsi Water (soak tulsi leaves in water overnight)

8:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
+ curd

10:30 AM 3 tsp black til seeds

1:00 PM Salad
2 katoris Cabbage rice
Palak raita (1 katori curd + blanched spinach)

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 1 Veg. Uttapam (With Capsicums, Tomatos, Onion)
2 Katori Sambar (Add Any Gourd Vegetable Like
Dudhi/Turia/Pumpkin)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 7 - Day 5

Mark tick/cross in

6:40 AM Pani Puri Water (only water)

8:30 AM 1 Onion roti/ thalipith
Curd

10:30 AM 3 tsp black til seeds

1:00 PM Salad (+ moth sprouts)
1 Phulka

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

5:00 PM Roasted Makhana

8:00 PM 1 Khakra + Little Aloo + Veggies + Curd (like sev puri)

1 Plate Pani Puri

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 7 - Day 6

Mark tick/cross i

6:40 AM Pani Puri Water (only water)

8:30 AM 1 methi thepla

Curd

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM Salad

1 Phulka

Sabji

Dal

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry
05-10-22

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8/27/2022

Weight: 75 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 7 - Day 7

Mark tick/cross :

6:40 AM Tulsi Water (soak tulsi leaves in water overnight)

8:30 AM 2-3 Eggs + veggies

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM 1 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

5:00 PM Roasted Makhana

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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05-10-22

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