

Weight: 77.5 kg      Name: Saniya      Age: 16 Yrs      Height: 155 Cms

**Week 10 - Day 1**

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

Night 8pm      Lemon water [or]  
to      Mint water [or]  
8am      sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM      1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
      No sugar/ jaggery to be added

12:30 PM      Salad  
      2 Phulka  
Palak Sabji  
Dal

4:30 PM      2 besan chilla [+ cucumber/ lauki]

7:00 PM      Salad  
      1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

Mention total in day

 **Exercise**  
(in min)

**Water**  
(in litres) 

Program Expiry  
21-03-22

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

**B) Refer General Guidelines.**



8/28/2022

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**Week 10 - Day 2**

Mark tick/cross in

Night 8pm to 8am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
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8:30 AM <input type="checkbox"/>	1 Katori Peanuts [roasted]
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12:30 PM <input type="checkbox"/>	Salad 2 Phulka Sabji with peas
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4:30 PM <input type="checkbox"/>	Vegetable In White Sauce (1 Katori White Sauce + Basil Leaves/ Oregano, No Cheese)
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7:00 PM <input type="checkbox"/>	2 Katoris Veg. Khichadi Cabbage soup
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Mention total in day

	Exercise (in min)
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	Water (in litres)
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## Week 10 - Day 3

Mark tick/cross

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

12:30 PM

Salad  
1.5 Katori Rice  
Chole

4:30 PM

2 besan chilla [+ cucumber/ lauki]

7:00 PM

2 Phulka  
Methi Matar Sabji

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 10 - Day 4**

Mark tick/cross

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

1 Katori Peanuts [roasted]

12:30 PM

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

4:30 PM

Vegetable In White Sauce  
(1 Katori White Sauce + Basil Leaves/ Oregano, No Cheese)

7:00 PM

2 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 10 - Day 5

Mark tick/cross in

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

1 Katori Peanuts [roasted]

12:30 PM

Salad (+ moth sprouts)  
2 Phulkas  
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

4:30 PM

Vegetable In White Sauce  
(1 Katori White Sauce + Basil Leaves/ Oregano, No Cheese)

7:00 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 10 - Day 6

Mark tick/cross in

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

12:30 PM

Salad  
2 Phulka  
Sabji  
Dal

4:30 PM

2 besan chilla [+ cucumber/ lauki]

7:00 PM

Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 10 - Day 7

Mark tick/cross :

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

1 Methi thepla

12:30 PM

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

4:30 PM

2 besan chilla [+ cucumber/ lauki]

7:00 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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21-03-22

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