

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

Week 4 - Day 1

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

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 20g Raisin (Eat One At A Time, Chew Well)

11:30 AM Salad
2 Phulka
Palak Sabji
Dal

2:00 PM Buttermilk

5:00 PM 2 besan chilla [+ cucumber/ lauki]

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
21-10-22

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

B) Refer General Guidelines.



8/29/2022

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Week 4 - Day 2

Mark tick/cross :

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 20g Raisin (Eat One At A Time, Chew Well)

11:30 AM Salad
2 Phulka
Sabji with peas

2:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 4 - Day 3

Mark tick/cross :

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 4 Dates (Eat Half At A Time, Chew Well)

11:30 AM Salad
1.5 Katori Rice
Chole

2:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:00 PM 4-5 pcs Paneer with veggies

8:00 PM 2 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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8/29/2022

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Week 4 - Day 4

Mark tick/cross :

7:30 AM

1 Tsp Methi Seeds (soaked)

10:00 AM

4 Dates (Eat Half At A Time, Chew Well)

11:30 AM

Salad

2 katoris Cabbage rice

Palak raita (1 katori curd + blanched spinach)

2:00 PM

Buttermilk

5:00 PM

2 Idlis

Chutney

8:00 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 4 - Day 5

Mark tick/cross :

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 20g Raisin (Eat One At A Time, Chew Well)

11:30 AM Salad (+ moth sprouts)

2 Phulkas

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

2:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:00 PM 1 Katori Boiled Chana

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

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 4 - Day 6

Mark tick/cross in

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 4 Dates (Eat Half At A Time, Chew Well)

11:30 AM Salad
2 Phulka
Sabji
Dal

2:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:00 PM 1 Onion roti/ thalipith

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 4 - Day 7

Mark tick/cross in

7:30 AM

1 Tsp Methi Seeds (soaked)

10:00 AM

4 Dates (Eat Half At A Time, Chew Well)

11:30 AM

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

2:00 PM

Buttermilk

5:00 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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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21-10-22

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