

Weight: 74.7 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 8 - Day 1

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

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM Dal Water

1:00 PM Salad
1 Katori Rice
Palak Dal

5:00 PM 1 Coconut water

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
05-10-22

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

B) Refer General Guidelines.



9/3/2022

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Age: 59Yrs

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Week 8 - Day 2

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM Saute Peas with onion

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad + 3 Tsp Mix Seeds

1 Phulka

Sabji

5:00 PM 1 Slice/ Cube Cheese

8:00 PM 2 Moong dal chilla (+lauki)

Green Chutney

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 8 - Day 3

Mark tick/cross in

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

10:30 AM Dal Water

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

5:00 PM 1 Coconut water

8:00 PM Soup
3 Slices Pizza (Mushroom/Paneer)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 4

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

10:30 AM

Tulsi tea (boil tulsi leaves in water)

1:00 PM

Salad

1 Phulka

Palak Paneer

5:00 PM

1 Slice/ Cube Cheese

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)



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Week 8 - Day 5

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM Saute Peas with onion

10:30 AM Dal Water

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

5:00 PM 1 Coconut water

8:00 PM Tossed Salad
(Bell Peppers + Tomatoes + Cucumber + Zucchini)
+ Paneer (6 Pcs.)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 6

Mark tick/cross in

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

10:30 AM Dal Water

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

5:00 PM 1 Coconut water

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 7

Mark tick/cross in

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 2 Idlis
Sambar Chutney

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
+ Curd

5:00 PM 1 Coconut water

8:00 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

Mention total in day



Exercise
(in min)

Water
(in litres)



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05-10-22

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