

Weight: 63.4 kg Name: Amit Age: 40Y Height: 165 Cms

Week 21 - Day 1

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

7:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:45 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

12:00 PM 1 Slice/ Cube Cheese

2:00 PM Salad
1.5 Katori Rice
Palak Dal

5:30 PM Pop-Corn

8:15 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

9:30 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day

 **Exercise**
(in min)

Water
(in litres) 

Program Expiry
10-07-22

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: 40Y

Height: 165 Cms

Week 21 - Day 2

Mark tick/cross :

7:30 AM 20g Raisin (Eat One At A Time, Chew Well)

9:45 AM Saute Peas with onion

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

2:00 PM Salad + 3 Tsp Mix Seeds

2 Phulka

Sabji

5:30 PM Roasted Makhana

8:15 PM 2 Moong dal chilla (+lauki)

Green Chutney

9:30 PM 1 Glass Milk

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 21 - Day 3

Mark tick/cross in

7:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:45 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM 1 Slice/ Cube Cheese

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

5:30 PM Pop-Corn

8:15 PM Soup
3 Slices Pizza (Mushroom/Paneer)

9:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 21 - Day 4

Mark tick/cross in

7:30 AM 20g Raisin (Eat One At A Time, Chew Well)

9:45 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Palak Paneer

5:30 PM Roasted Makhana

8:15 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

9:30 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 21 - Day 5

Mark tick/cross in

7:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:45 AM Saute Peas with onion

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

5:30 PM Pop-Corn

8:15 PM Tossed Salad
(Bell Peppers + Tomatoes + Cucumber + Zucchini)
+ Paneer (6 Pcs.)

9:30 PM 1 Glass Milk

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 21 - Day 6

Mark tick/cross in

7:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:45 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM 1 Slice/ Cube Cheese

2:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:30 PM Roasted Makhana

8:15 PM Free Meal!!

9:30 PM Nil

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 21 - Day 7

Mark tick/cross in

7:30 AM

nil

9:45 AM

2 Idlis

Sambar Chutney

12:00 PM

1 Slice/ Cube Cheese

2:00 PM

Bean Salad (1 Katori Rajma + Chopped Mix Veggies)

1 Phulka

Sabji

5:30 PM

Pop-Corn

8:15 PM

Veg. Pasta

1 Katori Boiled Pasta

+ lot of Veggies/ vegetable gravy Of Choice,

+ 1 Cube Cheese

9:30 PM

1 Glass Milk

Mention total in day



Exercise

(in min)

Water

(in litres)



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10-07-22

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