

Weight: 78 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 11 - 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 Roasted Makhana

12:30 PM Salad
 1.5 Katori Rice
Palak Dal

4:30 PM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

7:00 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
21-03-22

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

B) Refer General Guidelines.



9/3/2022

Weight: 78 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Week 11 - Day 2

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 Slice/ Cube Cheese
1 Fruit

12:30 PM

Salad + 3 Tsp Mix Seeds
2 Phulka
Sabji

4:30 PM

Saute Peas with onion

7:00 PM

2 Moong dal chilla (+lauki)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-03-22

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9/3/2022

Weight: 78 kg

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Week 11 - Day 3

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

Roasted Makhana

12:30 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

4:30 PM

1 Katori Boiled Chana

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

7:00 PM

Soup

3 Slices Pizza (Mushroom/Paneer)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-03-22

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9/3/2022

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Week 11 - Day 4

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 Slice/ Cube Cheese
1 Fruit

12:30 PM

Salad
2 Phulka
Palak Paneer

4:30 PM

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

7:00 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
21-03-22

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9/3/2022

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Week 11 - 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 Slice/ Cube Cheese
1 Fruit

12:30 PM

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

4:30 PM

Saute Peas with onion

7:00 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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21-03-22

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Week 11 - 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

Roasted Makhana

12:30 PM

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

4:30 PM

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

7:00 PM

Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-03-22

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9/3/2022

Weight: 78 kg

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Week 11 - Day 7

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

2 Idlis
Sambar Chutney

12:30 PM

Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
1 Phulka
Sabji

4:30 PM

1 katori Sprouts + Saute Veggies
Curd dressing with herbs and spices

7:00 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) 

Program Expiry
21-03-22

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