

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

**Week 5 - Day 1**

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

7:30 AM      8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM      1 Coconut water

11:30 AM      Salad  
1.5 Katori Rice  
Palak Dal

2:00 PM      3 tsp black til seeds

5:00 PM      Murmura + Veggies Bhel

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  
21-10-22

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

**B) Refer General Guidelines.**



9/6/2022

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**Week 5 - Day 2**

Mark tick/cross :

7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

10:00 AM Tulsi tea (boil tulsi leaves in water)

11:30 AM Salad + 3 Tsp Mix Seeds  
2 Phulka  
Sabji

2:00 PM Dal Water

5:00 PM Saute Peas with onion

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 5 - Day 3

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1 Coconut water

11:30 AM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

2:00 PM Dal Water

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

8:00 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)  
1 Katoris Curd with Onions and Tomatoes

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 4

Mark tick/cross :

7:30 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM

Tulsi tea (boil tulsi leaves in water)

11:30 AM

Salad  
2 Phulka  
Palak Paneer

2:00 PM

3 tsp black til seeds

5:00 PM

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

8:00 PM

Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 5

Mark tick/cross :

7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 1 Coconut water

11:30 AM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

2:00 PM Dal Water

5:00 PM Saute Peas with onion

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 5 - Day 6**

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM Tulsi tea (boil tulsi leaves in water)

11:30 AM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

2:00 PM 3 tsp black til seeds

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

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 5 - Day 7**

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1 Coconut water

11:30 AM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)

1 Phulka  
Sabji

2:00 PM Dal Water

5:00 PM Pop-corn

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

Curd

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
21-10-22

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