

Weight: 71.5 kg      Name: Payal      Age: 28Yrs      Height: 160 Cms

**Week 4 - Day 1**

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

7:00 AM      4 Dates (Eat Half At A Time, Chew Well)

9:00 AM      1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

12:00 PM      Salad  
1.5 Katori Rice  
Palak Dal

3:30 PM      3 tsp black til seeds

5:30 PM      1 Slice/ Cube Cheese  
1 Fruit

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  
08-11-22

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

**B) Refer General Guidelines.**



9/7/2022

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## Week 4 - Day 2

Mark tick/cross in

7:00 AM 1 Tsp Methi Seeds (soaked)

9:00 AM Saute Peas with onion

12:00 PM Salad + 3 Tsp Mix Seeds  
2 Phulka  
Sabji

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:30 PM 1 Glass Milk + 1 tbsp chia seeds

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 4 - Day 3

Mark tick/cross in

7:00 AM 4 Dates (Eat Half At A Time, Chew Well)

9:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:30 PM Murmura (+ Veggies + Green Chutney)

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

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 4

Mark tick/cross in

7:00 AM 4 Dates (Eat Half At A Time, Chew Well)

9:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

12:00 PM Salad  
2 Phulka  
Palak Paneer

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

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 4 - Day 5

Mark tick/cross in

7:00 AM 1 Tsp Methi Seeds (soaked)

9:00 AM Saute Peas with onion

12:00 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

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 4 - Day 6**

Mark tick/cross in

7:00 AM 4 Dates (Eat Half At A Time, Chew Well)

9:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:30 PM Murmura (+ Veggies + Green Chutney)

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

7:00 AM 1 Tsp Methi Seeds (soaked)

9:00 AM 2 Idlis  
Sambar Chutney

12:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)  
1 Phulka  
Sabji

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

5:30 PM 1 Glass Milk + 1 tbsp chia seeds

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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