

Weight: 77.5 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 12 - 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 2 Fruits

12:30 PM Salad
 1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

4:30 PM 2 besan chilla [+ cucumber/ lauki]

7:00 PM 2 Katori Daliya with Green Dal
 + Tadka +Veggies

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.



9/10/2022

Weight: 77.5 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Week 12 - Day 2

Mark tick/cross in

Night 8pm to 8am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
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8:30 AM <input type="checkbox"/>	1 Katori Peanuts [boiled/ roasted]
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12:30 PM <input type="checkbox"/>	Radish and Cucumber Salad 1 ½ Katoris Rice 1 Katori Rajma
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4:30 PM <input type="checkbox"/>	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
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7:00 PM <input type="checkbox"/>	Salad 1 Millet roti Sabji Dal
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Mention total in day

	Exercise (in min)
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	Water (in litres)
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Program Expiry
21-03-22

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9/10/2022

Weight: 77.5 kg

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Week 12 - Day 3

Mark tick/cross in

Night 8pm to 8am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
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8:30 AM <input type="checkbox"/>	2 Fruits
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12:30 PM <input type="checkbox"/>	2 Phulka Cabbage And Peas Sabji 1 Katori Dal
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4:30 PM <input type="checkbox"/>	1 Glass Milk Shake (1 Small Banana, No Sugar)
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7:00 PM <input type="checkbox"/>	2 Phulka Black Dal
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Mention total in day

	Exercise (in min)
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Water (in litres)	
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Program Expiry
21-03-22

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9/10/2022

Weight: 77.5 kg

Name: Saniya

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Height: 155 Cms

Week 12 - 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 Katori Peanuts [boiled/ roasted]

12:30 PM

Salad (Carrot + Radish +Other Veggies)
1 Stuffed Lauki Roti
Kadi

4:30 PM

1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

7:00 PM

2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-03-22

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Weight: 77.5 kg

Name: Saniya

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Week 12 - 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

2 Fruits

12:30 PM

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

4:30 PM

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

7:00 PM

2 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-03-22

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9/10/2022

Weight: 77.5 kg

Name: Saniya

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Week 12 - 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

2 Fruits

12:30 PM

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

4:30 PM

1 Glass Milk Shake (1 Small Banana, No Sugar)

7:00 PM

Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-03-22

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9/10/2022

Weight: 77.5 kg

Name: Saniya

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Height: 155 Cms

Week 12 - 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

1 Katori Peanuts [boiled/ roasted]

12:30 PM

2 katoris Cabbage rice
Palak raita (1 katori curd + blanched spinach)

4:30 PM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

7:00 PM

Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-03-22

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