

Weight: 71 kg      Name: Payal      Age: 28Yrs      Height: 160 Cms

### Week 5 - 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      2 besan chilla [+ cucumber/ lauki]

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

3:30 PM      20g Raisin (Eat One At A Time, Chew Well)

5:30 PM      1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

8:00 PM      2 Katori Daliya with Green Dal  
+ Tadka +Veggies

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.**



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## Week 5 - Day 2

Mark tick/cross in

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:00 PM Radish and Cucumber Salad

1 ½ Katoris Rice

1 Katori Rajma

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Salad

1 Millet roti

Sabji

Dal

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Sneha Fafat

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9/17/2022

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**Week 5 - Day 3**

Mark tick/cross in

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 2 Phulka  
Cabbage And Peas Sabji  
1 Katori Dal

3:30 PM 20g Raisin (Eat One At A Time, Chew Well)

5:30 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

8:00 PM 2 Phulka  
Black Dal

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 4

Mark tick/cross in

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:00 PM 2 Phulka  
Sabji  
1 Katori Dal

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM 2-3 Idlis  
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 5

Mark tick/cross in

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

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

8:00 PM 2 Phulka  
Methi Matar Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 6

Mark tick/cross :

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

9:00 AM 2 besan chilla [+ cucumber/ lauki]

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

3:30 PM 20g Raisin (Eat One At A Time, Chew Well)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 7

Mark tick/cross in

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:00 PM 2 Phulka  
Sabji  
1 Katori Dal

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Salad (+ moth sprouts)  
2 Phulkas  
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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