

Weight: 95 kgs

Name: Achint

Age: 41 Yrs

Height: 178Cms

### Week 1 - Day 1

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

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

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

4:30 PM 1 Coconut water

6:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
14-12-22

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

**B) Refer General Guidelines.**



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## Week 1 - Day 2

Mark tick/cross :

6:30 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 1 onion roti/ thalipith

11:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

1:00 PM Salad +4 Pcs Paneer  
2 Phulka  
Sabji

4:30 PM 1 Coconut water

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 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 1 - Day 3

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 2 Idlis  
chutney

11:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

1:00 PM 1.5 Katori Rice  
Sabji  
Dal  
Cucumber

4:30 PM Buttermilk

6:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM Carrot  
1.5 Katori Rice  
Sabji  
Dal

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 4

Mark tick/cross in

6:30 AM 20g Raisin (Eat One At A Time, Chew Well)

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

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

1:00 PM Carrot  
1.5 Katori Rice  
Sabji  
Dal

4:30 PM Buttermilk

6:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 5

Mark tick/cross :

6:30 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 1 Stuffed roti [cauliflower/ cabbage]

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

1:00 PM 2 Phulkas  
Paneer with Mix Veg.

4:30 PM 1 Coconut water

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Phulkas  
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 6

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

1:00 PM 2 Palak roti  
Cucumber Raita ( Made of 1 Katori Curd)

4:30 PM 1 Coconut water

6:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 7

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

1:00 PM Salad  
2 Katori Veg. Pulav  
Chole

4:30 PM Buttermilk

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Moong dal chilla (+lauki)  
Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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