

Weight: 73 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Week 1 - Day 1

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

8:30 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM

2 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)

3:30 PM

8 Almonds (Eat One At A Time With Skin, Chew Well)

6:15 PM

Pop-Corn

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
15-12-22

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 :

8:30 AM 2 besan chilla [+ cucumber/ lauki]

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

12:45 PM Salad
2 Phulka
Sabji

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

6:15 PM 1 Katori Peanuts [boiled/ roasted]

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 :

8:30 AM 1 Dosa
chutney

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM 2 Phulka
Sabji
Dal

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:15 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Salad
2 Phulkas
Sabji with paneer

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 1 - Day 4

Mark tick/cross :

8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

12:45 PM 2 Phulka
Cabbage And Peas Sabji

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:15 PM Pop-Corn

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 :

8:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

12:45 PM 2 Phulkas
Paneer with Mix Veg.

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

6:15 PM Pop-Corn

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 :

8:30 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM

2 Palak roti

Cucumber Raita (Made of 1 Katori Curd)

3:30 PM

5 Apricot (Dried) (Eat One At A Time, Chew Well)

6:15 PM

Pop-Corn

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 :

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM Salad
2 Katori Veg. Pulav
Chole

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:15 PM 1 Katori Peanuts [boiled/ roasted]

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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15-12-22

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