

Weight: 95.7 kgs

Name: Achint

Age: 41 Yrs

Height: 178Cms

Week 2 - Day 1

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

6:30 AM 1 Tsp Methi Seeds (soaked)

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

11:00 AM Buttermilk

1:00 PM 2 Phulka
Sabji
1 Katori Palak Dal

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Glass Milk (No Sugar)

9:00 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
14-12-22

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

B) Refer General Guidelines.



Weight: 95.7 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 2 - Day 2

Mark tick/cross in

6:30 AM 3 tsp black til seeds

9:00 AM 1 stuffed roti [palak/ methi/ coriander]

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

1:00 PM Salad
2 Phulka
Chole

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Glass Milk (No Sugar)

9:00 PM 2 Phulka
Cabbage And Peas Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
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Name: Achint Age: 41 Yrs Height: 178Cms

Week 2 - Day 3

Mark tick/cross in

6:30 AM 3 tsp black til seeds

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM Buttermilk

1:00 PM 2 Phulka
Paneer Sabji

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Murmura + 1/2 Katori Roasted Chana

9:00 PM 2 Dosa
Mix sabji with aloo
Sambar chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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Week 2 - Day 4

Mark tick/cross

6:30 AM 1 Tsp Methi Seeds (soaked)

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

11:00 AM Buttermilk

1:00 PM Rice
Dal
Salad

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Murmura + ½ Katori Roasted Chana

9:00 PM Rice
Dal
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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Week 2 - Day 5

Mark tick/cross in

6:30 AM 1 Tsp Methi Seeds (soaked)

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

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

1:00 PM Rice
Dal
Salad

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Glass Milk (No Sugar)

9:00 PM Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Name: Achint Age: 41 Yrs Height: 178Cms

Week 2 - Day 6

Mark tick/cross in

6:30 AM 3 tsp black til seeds

9:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:00 AM Buttermilk

1:00 PM 2 Phulka
Methi Matar Sabji

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura + ½ Katori Roasted Chana

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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Weight: 95.7 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 2 - Day 7

Mark tick/cross in

6:30 AM 1 Tsp Methi Seeds (soaked)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

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

1:00 PM 1 Stuffed roti (peas)
Tomato Chutney

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM 1 Glass Milk (No Sugar)

9:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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