

Weight: 94.8 kgs

Name: Achint

Age: 41 Yrs

Height: 178Cms

Week 3- Day 1

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

6:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

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

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulka
Dal

4:30 PM 20g Raisin (Eat One At A Time, Chew Well)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM 1 Katori Rice
Dal
Salad

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 3- Day 2

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 1 Slice/ Cube Cheese

6:30 PM 2 Fruit

9:00 PM 1 Katori Rice
Dal
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
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Week 3- Day 3

Mark tick/cross in

6:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 AM 2 Idlis
Chutney

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 1 Slice/ Cube Cheese

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM 2 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3- Day 4

Mark tick/cross in

6:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

11:00 AM Lemon & Mint Water

1:00 PM 2 Phulka
Cabbage And Peas Sabji

4:30 PM Dal Water

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

9:00 PM Mix Veg. Soup (Not Strained)
2 Katori Palak Khichadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3- Day 5

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Stuffed Lauki Roti
Kadi

4:30 PM 20g Raisin (Eat One At A Time, Chew Well)

6:30 PM 2 Fruit

9:00 PM Steamed/ Grilled Veggies
2 katoris Curd Rice

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3- Day 6

Mark tick/cross :

- 6:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)
- 9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
- 11:00 AM Lemon & Mint Water
- 1:00 PM Salad
 2 Phulkas
 Matar Paneer
- 4:30 PM Dal Water
- 6:30 PM 2 Fruit
- 9:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 3- Day 7

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM Lemon & Mint Water

1:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

4:30 PM Dal Water

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

9:00 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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