

Weight: 94.1 kgs

Name: Achint

Age: 41 Yrs

Height: 178Cms

Week 4- Day 1

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

6:30 AM 1 Banana (take Small bites, chew well)

9:00 AM Fruit Smoothie [100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
Frozen on previous night

11:00 AM Buttermilk

1:00 PM 2 Phulka
Dal

4:30 PM 1 Fruit

6:30 PM Popcorn

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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Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 2

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM Buttermilk

1:00 PM 1 Katori Rice

Dal

Salad

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

6:30 PM Roasted Makhana

9:00 PM Salad + Roasted Peanuts + Curd

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
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Week 4- Day 3

Mark tick/cross in

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM As per availability

11:00 AM 2 tsp roasted Sauf

1:00 PM 1 Katori Rice

Dal
Salad

4:30 PM 1 Fruit

6:30 PM 1 Glass Milk + 1 Fruit

9:00 PM 1 Phulka

Dal
Salad + Roasted Chana

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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Weight: 94.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 4

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM As per availability

11:00 AM 2 tsp roasted Sauf

1:00 PM 1 Katori Rice

Dal
Salad

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

6:30 PM Roasted Peanuts

+ 1 Fruit

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 4- Day 5

Mark tick/cross in

6:30 AM 1 Banana (take Small bites, chew well)

9:00 AM 1 Katori Chole [+Onion, Coriander]

11:00 AM Buttermilk

1:00 PM 2 Phulkas
Paneer with Mix Veg.

4:30 PM 1 Fruit

6:30 PM Sprouts Bhel
1 Katori Sprouts + Murrua + veggies

9:00 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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Week 4- Day 6

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 stuffed roti [lauki/ cucumber]

11:00 AM 2 tsp roasted Sauf

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

4:30 PM 1 Fruit

6:30 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

9:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
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Week 4- Day 7

Mark tick/cross in

6:30 AM 1 Banana (take Small bites, chew well)

9:00 AM 2 Eggs + veggies

11:00 AM Buttermilk

1:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

1 Phulka

Sabji

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

6:30 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

9:00 PM 2 -3 Moong dal chilla (+lauki)

Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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