

Weight: 70.6 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

**Week 4 - Day 1**

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

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

10:30 AM Buttermilk

12:45 PM Salad + Sprouts + Curd  
1 Phulka  
Sabji

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

6:15 PM Murmura (+ 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)



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 4 - Day 2

Mark tick/cross :

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

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

12:45 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

3:30 PM

4 Dates (Eat Half At A Time, Chew Well)

6:15 PM

Roasted Makhana

9:00 PM

Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

2 Phulka

Sabji

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 4 - Day 3

Mark tick/cross :

8:30 AM 1 Chilla [oats + onion + coriander + veggies]

10:30 AM Buttermilk

12:45 PM Fresh Methi Salad + Sprouts

2 Phulka  
Sabji

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

6:15 PM Roasted Makhana

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

Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 4

Mark tick/cross :

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

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

12:45 PM Salad (+ moth sprouts)  
2 Phulkas  
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

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

6:15 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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)



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## Week 4 - Day 5

Mark tick/cross :

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

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

12:45 PM

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

Raita (1 Katori Curd + Veggies)

3:30 PM

4 Dates (Eat Half At A Time, Chew Well)

6:15 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM

Radish and Cucumber Salad

2 Onion roti

1 Katori Curd + Veggies

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 4 - Day 6

Mark tick/cross :

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

10:30 AM Buttermilk

12:45 PM 2 Phulkas  
Palak Sabji  
1 Katori Whole Moong

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

6:15 PM Roasted Makhana

9:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 7

Mark tick/cross :

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

10:30 AM Buttermilk

12:45 PM 2 Phulkas  
Paneer with Mix Veg.

3:30 PM 4 Dates (Eat Half At A Time, Chew Well)

6:15 PM Roasted Makhana

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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