

Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

### Week 2 - Day 1

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

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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

11:30 AM 3 tsp black til seeds

2:00 PM Salad + Sprouts + Curd

2 Phulka  
Sabji

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**



Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

## Week 2 - Day 2

Mark tick/cross :

7:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

9:00 AM 2 besan chilla [+ cucumber/ lauki]

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

5:30 PM 1 Katori Chana Chor [+ Lemon + Veggies]

8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)  
2 Phulka  
Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**



Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

## Week 2 - Day 3

Mark tick/cross :

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 2 Eggs + veggies

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM Fresh Methi Salad + Sprouts  
2 Phulka  
Sabji

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Grilled Chicken  
Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**



Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

## Week 2 - Day 4

Mark tick/cross :

7:00 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM

1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM

3 tsp black til seeds

2:00 PM

Salad (+ moth sprouts)

2 Phulkas

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

5:30 PM

1 Katori Peanuts [boiled/ roasted]

8:30 PM

Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**



Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

## Week 2 - Day 5

Mark tick/cross :

7:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

9:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:30 AM 3 tsp black til seeds

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

5:30 PM 1 Katori Chana Chor [+ Lemon + Veggies]

8:30 PM Radish and Cucumber Salad  
2 Onion roti  
1 Katori Curd + Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**



Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

## Week 2 - Day 6

Mark tick/cross :

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 2 Eggs + veggies

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulkas  
Palak Sabji  
1 Katori Whole Moong

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 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  
10-01-23

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

**B) Refer General Guidelines.**



Weight: 105 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

## Week 2 - Day 7

Mark tick/cross :

7:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

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

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulkas  
Paneer with Mix Veg.

5:30 PM 1 Katori Chana Chor [+ Lemon + Veggies]

8:30 PM Grilled Chicken  
Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**