

Name: Achint Age: 41 Yrs Height:
Weight: 93.1 kgs 178Cms

Week 5- Day 1

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

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

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

11:00 AM 1 Fruit

1:00 PM 2 Phulka
Sabji
Dal


4:30 PM Dal Water

6:30 PM 2 Rasgullas (Completely squeeze out syrup)

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

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.



22-10-22

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Week 5- Day 2

Mark tick/cross in

6:30 AM 1 Tsp Methi Seeds (soaked)

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

11:00 AM 1 Glass Buttermilk [+ Coriander/Pudina]

1:00 PM 1 Katori Rice
Chole
Salad

4:30 PM Pani Puri Water (only water)

6:30 PM 1 Katori Peanuts [boiled/ roasted]

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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14-12-22

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Week 5- Day 3

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 1 Fruit

1:00 PM Chopped Mix Veg Salad + ½ Katori Curd
2 Phulkas
Sabji

4:30 PM Dal Water

6:30 PM 2 Rasgullas (Completely squeeze out syrup)

9:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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14-12-22

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Week 5- Day 4

Mark tick/cross in

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

9:00 AM 2 Eggs + veggies

11:00 AM 1 Fruit

1:00 PM 2 Phulka
Dal

4:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:30 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM 2-3 Idlis
Sambar
Chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 5- Day 5

Mark tick/cross in

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

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

11:00 AM 1 Glass Buttermilk [+ Coriander/Pudina]

1:00 PM 2 Phulka
Paneer With Mix Veg

4:30 PM Pani Puri Water (only water)

6:30 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5- Day 6

Mark tick/cross in

6:30 AM 1 Tsp Methi Seeds (soaked)

9:00 AM 2 Eggs + veggies

11:00 AM 1 Glass Buttermilk [+ Coriander/Pudina]

1:00 PM 2 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

4:30 PM Dal Water

6:30 PM 2 Rasgullas (Completely squeeze out syrup)

9:00 PM 1 Katori Rice
Palak Dal
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5- Day 7

Mark tick/cross in

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

9:00 AM 1 methi thepla

11:00 AM 1 Fruit

1:00 PM 2 Methi thepla

Curd

Salad

4:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:30 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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