

Weight: 112 kg      Name: Sarang      Age: 19 Yrs      Height: 180 Cms

**Week 2 - Day 1**

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

5:30 AM      4 Anjir (Eat Half At A Time, Chew Well)

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

11:00 AM      8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM      2 Phulka

Sabji  
Dal

5:00 PM      2 Rasgullas (Completely squeeze out syrup)

8:00 PM      2 Phulkas  
Paneer with Mix Veg.

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
12-01-23

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

**B) Refer General Guidelines.**



25-10-22

Weight: 112 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

## Week 2 - Day 2

Mark tick/cross in

5:30 AM  Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM  1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:00 AM  Dal Water

1:30 PM  1 Katori Rice  
Chole  
Salad

5:00 PM  1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

8:00 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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25-10-22

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Week 2 - Day 3

Mark tick/cross in

5:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

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

11:00 AM Dal Water

1:30 PM Chopped Mix Veg Salad + ½ Katori Curd

2 Phulkas

Sabji

5:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

1 Phulka

Sabji

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

12-01-23

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25-10-22

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Week 2 - Day 4

Mark tick/cross i

5:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM 2 Phulka  
Dal

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

8:00 PM 2-3 Idlis  
Sambar  
Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Week 2 - Day 5

Mark tick/cross in

5:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 1 stuffed roti [palak/ methi/ coriander]

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM 2 Phulka  
Paneer With Mix Veg

5:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:00 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 2 - Day 6

Mark tick/cross in

5:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

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

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM 2 Stuffed Roti (Cauliflower)

1 Katori dahi + veggies

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

8:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water

(in litres)



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12-01-23

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Week 2 - Day 7

Mark tick/cross in

5:30 AM  Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM  1 methi thepla

11:00 AM  Dal Water

1:30 PM  2 Methi thepla  
Curd  
Salad

5:00 PM  1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

8:00 PM  1 Katori Rice  
Palak Dal  
Salad

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
12-01-23

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