

Weight: 70.6 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Week 5 - Day 1

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

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 1 Fruit

12:45 PM 1 Katori Rice
Palak Dal

3:30 PM 3 tsp black til seeds

6:15 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) 

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 5 - Day 2

Mark tick/cross :

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM 1 Katori Rice
Chole
Salad

3:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:15 PM 1 Glass Milk (No Sugar)

9:00 PM Saute/Tossed Salad
(Bell Peppers + Tomatoes + Paneer (6 Pcs.) + Cucumber + Zucchini)
5 -6 Dhoklas

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5 - Day 3

Mark tick/cross :

8:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

10:30 AM 1 Fruit

12:45 PM 2 Phulkas
Rajma

3:30 PM 3 tsp black til seeds

6:15 PM 1 Glass Milk (No Sugar)

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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Week 5 - Day 4

Mark tick/cross :

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

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM 2 Phulka
Matar Paneer

3:30 PM 3 tsp black til seeds

6:15 PM 2 Rasgullas (Completely squeeze out syrup)

9:00 PM 2 Katori Palak Khichadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5 - Day 5

Mark tick/cross in

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

3:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:15 PM 2 Rasgullas (Completely squeeze out syrup)

9:00 PM Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

Mention total in day

 Exercise
(in min)

Water 
(in litres)

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Week 5 - Day 6

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

10:30 AM 1 Fruit

12:45 PM Salad (Carrot + Radish +Other Veggies)
2 Stuffed Lauki Roti
Kadi

3:30 PM 3 tsp black til seeds

6:15 PM 1 Glass Milk (No Sugar)

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 5 - Day 7

Mark tick/cross :

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 1 Fruit

12:45 PM 1 Palak roti
Cucumber Raita (Made of 1 Katori Curd)

3:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:15 PM 2 Rasgullas (Completely squeeze out syrup)

9:00 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day

 Exercise
(in min)

Water 
(in litres)

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