

Weight: 82 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

Week 1 - Day 1

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

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 Glass Water + 1 tbsp chia seeds

11:00 AM 2 Eggs + veggies

2:00 PM Salad + Curd

1 Katori Rice
Palak Dal

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM Veg Soup
5 -6 Dhoklas

10:00 PM 1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



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Week 1 - Day 2

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Glass Milk

11:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

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

2 Phulka
Sabji

5:30 PM Pop-corn

7:30 PM 1 Katori Rice

Chicken
Salad

10:00 PM 20g Raisin (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 Glass Water + 1 tbsp chia seeds

11:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

2:00 PM 2 Phulkas
Rajma

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

10:00 PM 20g Raisin (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 4

Mark tick/cross :

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Glass Milk

11:00 AM 2 besan chilla [+ cucumber/ lauki]

2:00 PM 2 Phulka
Matar Paneer

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM 2 Katori Palak Khichadi

10:00 PM 1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Glass Milk

11:00 AM 2 Eggs + veggies

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

5:30 PM Pop-corn

7:30 PM Grilled Chicken
Saute Veggies

10:00 PM 1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 Glass Water + 1 tbsp chia seeds

11:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

2:00 PM Salad (Carrot + Radish +Other Veggies)

2 Stuffed Lauki Roti

Kadi

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM Free Meal!!

10:00 PM 20g Raisin (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 Glass Milk

11:00 AM 2 Eggs + veggies

2:00 PM 2 Palak roti
Cucumber Raita (Made of 1 Katori Curd)

5:30 PM Pop-corn

7:30 PM 3 Slices Pizza with chicken
Soup

10:00 PM 1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



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