

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

Week 6- Day 1

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

6:30 AM 1 Fruit

9:00 AM 2 Eggs + veggies

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulkas
Rajma

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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
14-12-22

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

B) Refer General Guidelines.



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Week 6- Day 2

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulka
Matar Paneer

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Samosa

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6- Day 3

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal/ Pulses
Salad

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

6:30 PM 1 Katori Roasted Chana

9:00 PM 2 Bread + 2 Slice Cheese
+ Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6- Day 4

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 2 Idlis

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal/ Pulses
Salad

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

6:30 PM 2 Fruits

9:00 PM 1 Katori Rice
Dal
Salad + 1 Katori Peanuts

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6- Day 5

Mark tick/cross in

6:30 AM 1 Fruit

9:00 AM 2 Eggs + veggies

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal/ Curd
Salad

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

6:30 PM 1 Katori Roasted Chana

9:00 PM 2 Phulka
Chole
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6- Day 6

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM Salad (Carrot + Radish +Other Veggies)

2 Stuffed Lauki Roti

Kadi

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6- Day 7

Mark tick/cross in

6:30 AM 1 Fruit

9:00 AM 2 Eggs + veggies

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

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

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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