

Weight: 111 kg      Name: Sarang      Age: 19 Yrs      Height: 180 Cms

**Week 3 - Day 1**

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

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

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

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

1:30 PM      1 Katori Rice  
Chole

5:00 PM      Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

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

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

**B) Refer General Guidelines.**



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## Week 3 - Day 2

Mark tick/cross in

5:30 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1½ katoris upma [made of oats/ sevaiya + veggies]

11:00 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM

Salad (Carrot + Radish +Other Veggies)  
2 Stuffed Lauki Roti  
Kadi

5:00 PM

1 Slice/ Cube Cheese  
1 Fruit

8:00 PM

Salad  
+ Paneer (6 Pcs.)  
3-4 Dhoklas

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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12-01-23

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## Week 3 - Day 3

Mark tick/cross in

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

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

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

1:30 PM 2 Phulkas  
Rajma

5:00 PM Sprouts Bhel  
1 Katori Sprouts + Murrua + veggies

8:00 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 3 - Day 4

Mark tick/cross :

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

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

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

1:30 PM 2 Phulka  
Matar Paneer

5:00 PM Sprouts Bhel  
1 Katori Sprouts + Murrma + veggies

8:00 PM 2 Katori Palak Khichadi

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 3 - Day 5

Mark tick/cross in

5:30 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

11:00 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM

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

5:00 PM

Sprouts Bhel  
1 Katori Sprouts + Murrua + veggies

8:00 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 3 - Day 6

Mark tick/cross in

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

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

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

1:30 PM 1 Katori Rice  
Palak Dal  
Salad

5:00 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 3 - Day 7

Mark tick/cross in

5:30 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:00 AM

10 Pistachionuts (Eat One At A Time, Chew Well)

1:30 PM

1 Methi roti

Cucumber Raita ( Made of 1 Katori Curd)

5:00 PM

Sprouts Bhel

1 Katori Sprouts + Murrma + veggies

8:00 PM

2 Katoris Veg. Khichadi

Cabbage soup

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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12-01-23

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