

Weight: 89 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 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 Katori Chole [+Onion, Coriander]

11:30 AM 1 Fruit

2:00 PM 2 Phulka
Sabji
1 Katori Palak Dal

6:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:30 PM 2 Moong dal chilla (+ carrot/Cabbage)
onion tomato chutney

10:30 PM 20g Coconut (grated or 1.5" x 1.5" Piece)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
2-02-23

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 :

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

9:00 AM 2 Eggs + veggies

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulka
Methi Matar Sabji

6:00 PM Roasted Makhana

8:30 PM Free Meal!!

10:30 PM 4 Dates (Eat Half 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 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulkas
Paneer with Mix Veg.

6:00 PM Roasted Makhana

8:30 PM Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

10:30 PM 20g Coconut (grated or 1.5" x 1.5" Piece)

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 2 besan chilla [+ cucumber/ lauki]

11:30 AM 1 Fruit

2:00 PM Salad
2 Onion roti / thalipith
1 Katori Curd + Veggies

6:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:30 PM 2-3 Millet Chilla (50% Besan+ 50% any millet flour)
+ Dudhi
Tomato Chutney

10:30 PM 20g Coconut (grated or 1.5" x 1.5" Piece)

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 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:30 AM 1 Fruit

2:00 PM Radish and Cucumber Salad
1.5 Katori Rice
Black Dal

6:00 PM Roasted Makhana

8:30 PM 2 Palak roti
Cucumber Raita (Made of 1 Katori Curd)

10:30 PM 4 Dates (Eat Half At A Time, Chew Well)

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 2 Eggs + veggies

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Stuffed Lauki Roti
Kadi

6:00 PM Roasted Makhana

8:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

10:30 PM 4 Dates (Eat Half 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 stuffed roti [peas/ dal]

11:30 AM 1 Fruit

2:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)

2 Phulka

Sabji

6:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:30 PM Soup/ Salad
3 Slices Pizza [paneer/chicken]

10:30 PM 20g Coconut (grated or 1.5" x 1.5" Piece)

Mention total in day



Exercise
(in min)

Water
(in litres)



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2-02-23

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