

Weight: 78 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

**Week 1 - Day 1**

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

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

10:00 AM 2 Eggs + veggies

12:30 PM 1 Coconut water

2:30 PM Salad  
1.5 Katori Rice  
Palak Dal

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)  
2 Phulka  
Sabji

12:30 AM 1 Slice/ Cube Cheese

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
21-02-23

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 :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

12:30 PM Buttermilk

2:30 PM 1.5 Katori Rice

Chole

Salad

6:00 PM Pop-corn

9:00 PM Saute/Tossed Salad

Grilled Chicken

12:30 AM 1 Fruit

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 3

Mark tick/cross :

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

10:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]  
sambhar/ green chutney

12:30 PM 1 Coconut water

2:30 PM 2 Phulkas  
Rajma

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2-3 Idlis  
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

12:30 AM 1 Slice/ Cube Cheese

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 4

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 besan chilla [+ cucumber/ lauki]

12:30 PM 1 Coconut water

2:30 PM 2 Phulka  
Matar Paneer

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2-3 Katori Palak Khichadi  
Kadi

12:30 AM 1 Fruit

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 1 - Day 5

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 Eggs + veggies

12:30 PM Buttermilk

2:30 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

6:00 PM Pop-corn

9:00 PM Clear Vegetable Soup  
Grilled Chicken

12:30 AM 1 Slice/ Cube Cheese

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 6

Mark tick/cross :

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

10:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:30 PM 1 Coconut water

2:30 PM Salad (Carrot + Radish +Other Veggies)

2 Stuffed Lauki Roti  
Kadi

6:00 PM Pop-corn

9:00 PM Free Meal!!

12:30 AM Nil

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 7

Mark tick/cross :

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

10:00 AM 2 Eggs + veggies

12:30 PM Buttermilk

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

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Katoris Veg. Khichadi  
Cabbage soup

12:30 AM 1 Fruit

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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