

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

Week 7- Day 1

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

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Katori Chole [+Onion, Coriander]

11:00 AM 1 Coconut water

1:00 PM 2 Phulka
Sabji
1 Katori Palak Dal

4:30 PM 3 tsp black til seeds

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

9:00 PM 2 Moong dal chilla (+ carrot/Cabbage)
onion tomato chutney

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.



Weight: 93.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 7- Day 2

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 1 Coconut water

1:00 PM 2 Phulka
Methi Matar Sabji

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies

9:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

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.



Weight: 93.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 7- Day 3

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar)
Frozen

11:00 AM Buttermilk

1:00 PM 1.5 Katori Rice
Dal
Salad

4:30 PM 3 tsp black til seeds

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

9:00 PM 1.5 Katori Rice
Dal
Salad + Peanuts

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.



Weight: 93.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 7- Day 4

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM Buttermilk

1:00 PM 1.5 Katori Rice

Dal
Salad

4:30 PM 3 tsp black til seeds

6:30 PM 1 Fruits + 1 Slice cheese

9:00 PM 2-3 Millet Chilla (50% Besan+ 50% any millet flour)

+ Dudhi
Tomato Chutney

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.



Weight: 93.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 7- Day 5

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 1 Coconut water

1:00 PM 2 Phulka
Paneer with Mix Veg.

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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

9:00 PM 2 Palak roti
Cucumber Raita (Made of 1 Katori Curd)

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.



Weight: 93.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 7- Day 6

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

11:00 AM Buttermilk

1:00 PM 2 Stuffed Lauki Roti
Kadi

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies

9:00 PM Free Meal!!

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.



Weight: 93.1 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 7- Day 7

Mark tick/cross :

- 6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)
- 9:00 AM 1 stuffed roti [peas/ dal]
- 11:00 AM 1 Coconut water
- 1:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
1 Phulka
Sabji
- 4:30 PM 3 tsp black til seeds
- 6:30 PM Sprouts Bhel
1 Katori Sprouts + Murrma + veggies
- 9:00 PM Soup/ Salad
3 Slices Pizza [paneer/chicken]

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.