

Weight: 110 kg Name: Sarang Age: 19 Yrs Height: 180 Cms

Week 4 - Day 1

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

5:30 AM 1 Coconut water

8:30 AM 1 Katori Chole [+Onion, Coriander]

11:00 AM 3 tsp black til seeds

1:30 PM 2 Phulka

Sabji
1 Katori Palak Dal

5:00 PM 1 Glass Milk Shake (+ Fruit, No Sugar)

8:00 PM 2 Moong dal chilla (+ carrot/Cabbage)
onion tomato chutney

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 4 - Day 2

Mark tick/cross in

5:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

11:00 AM 30g Coconut (grated or 2" x 2" Piece)

1:30 PM 2 Phulka
Methi Matar Sabji

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
12-01-23

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Weight: 110 kg

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Week 4 - Day 3

Mark tick/cross :

5:30 AM

1 Coconut water

8:30 AM

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

11:00 AM

3 tsp black til seeds

1:30 PM

2 Phulkas
Paneer with Mix Veg.

5:00 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM

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

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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12-01-23

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Weight: 110 kg

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Week 4 - Day 4

Mark tick/cross :

5:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

11:00 AM 30g Coconut (grated or 2" x 2" Piece)

1:30 PM Salad
2 Onion roti / thalipith
1 Katori Curd + Veggies

5:00 PM 1 Glass Milk Shake (+ Fruit, No Sugar)

8:00 PM 2-3 Millet Chilla (50% Besan+ 50% any millet flour)
+ Dudhi
Tomato Chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 4 - Day 5

Mark tick/cross :

5:30 AM 1 Coconut water

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

11:00 AM 3 tsp black til seeds

1:30 PM Radish and Cucumber Salad

1.5 Katori Rice

Black Dal

5:00 PM 1 Glass Milk Shake (+ Fruit, No Sugar)

8:00 PM 2 Palak roti

Cucumber Raita (Made of 1 Katori Curd)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 4 - Day 6

Mark tick/cross in

5:30 AM 1 Coconut water

8:30 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

11:00 AM 30g Coconut (grated or 2" x 2" Piece)

1:30 PM Salad (Carrot + Radish +Other Veggies)
2 Stuffed Lauki Roti
Kadi

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
12-01-23

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Week 4 - Day 7

Mark tick/cross in

5:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM 1 stuffed roti [peas/ dal]

11:00 AM 30g Coconut (grated or 2" x 2" Piece)

1:30 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
2 Phulka
Sabji

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Soup/ Salad
3 Slices Pizza [paneer/chicken]

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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12-01-23

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