

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

Week 3 - Day 1

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

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

2:00 PM 2 Phulka
Sabji

5:30 PM 2 Eggs + veggies

7:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:00 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 3 - Day 2

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

5:30 PM Pop-corn

7:30 PM 2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

10:00 PM Tulsi tea (boil tulsi leaves in water)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 3 - Day 3

Mark tick/cross in

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

11:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

2:00 PM 2 Phulka
Cabbage And Peas Sabji

5:30 PM 2 Eggs + veggies

7:30 PM Free Meal!!

10:00 PM Tulsi tea (boil tulsi leaves in water)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 3 - Day 4

Mark tick/cross :

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

11:00 AM 2 besan chilla [+ cucumber/ lauki]

2:00 PM 2 Stuffed roti (peas)
Tomato Chutney

5:30 PM Pop-corn

7:30 PM 1 katori Rice
Chicken
Salad

10:00 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 3 - Day 5

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:00 PM Salad
2 Phulkas
Matar Paneer

5:30 PM 2 Eggs + veggies

7:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

10:00 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 3 - Day 6

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

2:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:30 PM 2 Eggs + veggies

7:30 PM Grilled Chicken
Veggies

10:00 PM Tulsi tea (boil tulsi leaves in water)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 3 - Day 7

Mark tick/cross :

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

11:00 AM 2 besan chilla [+ cucumber/ lauki]

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

5:30 PM Pop-corn

7:30 PM 2 Dosa
Sambar chutney

10:00 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.