

Weight: 59 kg

Name: Vasanti

Age: 37 Yrs

Height: 152 Cms

### Week 1 - Day 1

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

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

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

11:00 AM Buttermilk

1:00 PM 2 Phulka  
Sabji

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

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

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
11-02-23

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 :

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

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

5:00 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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

10:30 PM 1 Slice/ Cube Cheese

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 1 - Day 3

Mark tick/cross :

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

11:00 AM Buttermilk

1:00 PM 2 Phulka  
Cabbage And Peas Sabji

5:00 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

7:30 PM Steamed/ Grilled Veggies  
2 katoris Curd Rice

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 1 - Day 4

Mark tick/cross in

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 2 besan chilla [+ cucumber/ lauki]

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Stuffed roti (peas)  
Tomato Chutney

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

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

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 1 - Day 5

Mark tick/cross :

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM Salad  
2 Phulka  
Matar Paneer

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

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

10:30 PM 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 :

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM Buttermilk

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

5:00 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

7:30 PM Free Meal!!

10:30 PM 1 Slice/ Cube Cheese

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 1 - Day 7

Mark tick/cross :

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 2 besan chilla [+ cucumber/ lauki]

11:00 AM Buttermilk

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

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

7:30 PM 2 Dosa  
Sambar chutney

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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