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18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 1

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

6:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	1 Katori Rice Dal Salad
4:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
6:30 PM	Roasted Makhana
9:00 PM	1 Katori Rice Dal Salad

Mention total in day Exercise (in min)



- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 2

Mark tick/cross i		
6:30 AM	1 Fruit	
9:00 AM	2 Eggs + veggies	
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)	
1:00 PM	1 katori Rice	
	Dal	
	Salad	
4:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)	
6:30 PM	Roasted Makhana	
9:00 PM	2 Phulkas	
	Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)	



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18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 3

Mark tick/cross		
6:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)	
9:00 AM	4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)	
11:00 AM	4 Dates (Eat Half At A Time, Chew Well)	
1:00 PM	2 Phulka	
	Cabbage And Peas Sabji	
4:30 PM	Tulsi Water (soak tulsi leaves in water overnight)	
6:30 PM	Coconut water	
9:00 PM	Steamed/ Grilled Veggies	
	2 katoris Curd Rice	



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18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 4

Mark tick/cross		
6:30 AM	1 Fruit	
9:00 AM	2 besan chilla [+ cucumber/ lauki]	
11:00 AM	4 Dates (Eat Half At A Time, Chew Well)	
1:00 PM	2 Stuffed roti (peas)	
	Tomato Chutney	
4:30 PM	Tulsi Water (soak tulsi leaves in water overnight)	
6:30 PM	Roasted Makhana	
9:00 PM	2 Katoris Khichadi	
	with lots of veggies and tadka + 1 tsp ghee (from top)	



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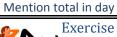


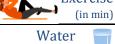
18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 5

Mark tick/cross	i i
6:30 AM	1 Fruit
9:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]
11:00 AM	4 Dates (Eat Half At A Time, Chew Well)
1:00 PM	Salad
	2 Phulkas
	Matar Paneer
4:30 PM	Tulsi Water (soak tulsi leaves in water overnight)
6:30 PM	Roasted Makhana
9:00 PM	2-3 Idlis
	2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney





(in litres)

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18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 6

Mark tick/cross	i
6:30 AM	1 Glass Milk + 1 tbsp chia seeds
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
4:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
6:30 PM	Coconut water
9:00 PM	Free Meal!!



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18-11-22

Weight: 90.8 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 8- Day 7

Mark tick/cros	s i
6:30 AM	1 Glass Milk + 1 tbsp chia seeds
9:00 AM	2 Idlis
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
4:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
6:30 PM	Coconut water
9:00 PM	2 Dosa
	Sambar chutney



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