

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)

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.



18-11-22

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Week 8- Day 2

Mark tick/cross in

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)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8- Day 3

Mark tick/cross in

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8- Day 4

Mark tick/cross in

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)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8- Day 5

Mark tick/cross in

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

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 8- Day 6

Mark tick/cross in

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!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8- Day 7

Mark tick/cross in

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

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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