

Weight: 104.8 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

### Week 5 - Day 1

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

5:30 AM

1 Fruit

8:00 AM

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

11:00 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM

2 Phulka  
Sabji

6:00 PM

1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 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)



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 5 - Day 2

Mark tick/cross in

5:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

8:00 AM

1½ katoris upma [made of oats/ sevaiya + veggies]

11:00 AM

1 Fruit

1:30 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

6:00 PM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 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 5 - Day 3

Mark tick/cross in

5:30 AM

1 Fruit

8:00 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

11:00 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM

2 Phulka  
Sabji

6:00 PM

1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM

Steamed/ Grilled Veggies  
2 katoris Curd Rice

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 5 - Day 4

Mark tick/cross :

5:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:00 AM 2 besan chilla [+ cucumber/ lauki]

11:00 AM 1 Fruit

1:30 PM 2 Stuffed roti (Palak)  
Tomato Chutney

6:00 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 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 5 - Day 5

Mark tick/cross in

5:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

8:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM

Salad

2 Phulkas

Matar Paneer

6:00 PM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 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 5 - Day 6

Mark tick/cross in

5:30 AM

1 Fruit

8:00 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:00 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM

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

6:00 PM

1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM

Free Meal!!

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 5 - Day 7

Mark tick/cross in

5:30 AM

1 Fruit

8:00 AM

2 besan chilla [+ cucumber/ lauki]

11:00 AM

1 Fruit

1:30 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

6:00 PM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM

2 Dosa

Sambar chutney

Mention total in day



Exercise

(in min)

Water

(in litres)



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