

Weight: 83 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 1 - Day 1

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

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

1:00 PM 2 Phulka
Sabji

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

11:30 PM 1 Glass Milk (No Sugar)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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 :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 Eggs + veggies

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

4:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

11:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

1:00 PM 2 Phulka
Cabbage And Peas Sabji

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Grilled Chicken
Veggies

11:30 PM 1 Glass Milk (No Sugar)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 4

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 besan chilla [+ cucumber/ lauki]

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

4:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 1 Garlic Wheat bread toast
Vegetable In White Sauce
(1 Katori White Sauce + Basil Leaves/ Oregano, No Cheese)

11:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM Salad
2 Phulkas
Matar Paneer

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Saute Veggies + 3 Eggs

11:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

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

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Free Meal!!

11:30 PM 1 Glass Milk (No Sugar)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 Eggs + veggies

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

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 3 Slices Pizza

11:30 PM 1 Glass Milk (No Sugar)

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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