

Weight: 72.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 16 - Day 1

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

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad
1 Phulka
Sabji
Palak Dal

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM Salad (+ moth sprouts)
1 Phulkas
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

A) If need be diet plan days can be interchanged within a week.

B) Refer General Guidelines.



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Week 16 - Day 2

Mark tick/cross in

6:40 AM 3 tsp black til seeds

8:30 AM 1 Stuffed roti [cauliflower/ cabbage]

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad + curd

1 Phulka

Sabji

5:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:00 PM 1 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 16 - Day 3

Mark tick/cross in

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM 1 Fruit

1:00 PM 1 Phulka

Methi Matar Sabji

1 Katori Thick Dal with Onions and Tomatoes

5:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:00 PM 2 Millet Chilla (50% Besan+ 50% any millet flour)
+ Dudhi

Tomato Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 4

Mark tick/cross :

6:40 AM 3 tsp black til seeds

8:30 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

10:30 AM 1 Fruit

1:00 PM 1 Phulka
Paneer with Mix Veg.

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 5

Mark tick/cross in

6:40 AM 3 tsp black til seeds

8:30 AM 2 Eggs + veggies

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Katori Rajma +Veggies

1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

5:00 PM 1 Glass Milk + 1 tbsp chia seeds

8:00 PM Pasta Salad

1 katori Macroni + Saute Veggies

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 16 - Day 6

Mark tick/cross :

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 16 - Day 7

Mark tick/cross :

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

10:30 AM 1 Fruit

1:00 PM Salad
1 Phulka
Chole

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM 2 Moong dal chilla (+lauki)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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