

Weight: 86.5 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 3 - Day 1

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

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:30 AM Pani Puri Water (only water)

2:00 PM Salad
2 Phulka
Sabji
Palak Dal

6:00 PM Roasted Makhana

8:30 PM Salad (+ moth sprouts)
2 Phulkas
Sabji

10:30 PM 15g Coconut (grated or 1" x 1" Piece)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
2-02-23

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

B) Refer General Guidelines.



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Week 3 - Day 2

Mark tick/cross in

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 Stuffed roti [cauliflower/ cabbage]

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM Salad + curd
2 Phulka
Sabji

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:30 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

10:30 PM 1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 3

Mark tick/cross in

7:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM

Fruit Smoothie / Bowl

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

11:30 AM

Pani Puri Water (only water)

2:00 PM

2 Phulka

Methi Matar Sabji

1 Katori Thick Dal with Onions and Tomatoes

6:00 PM

2 Rasgullas (Completely squeeze out syrup)

8:30 PM

2 Millet Chilla (50% Besan+ 50% any millet flour)

+ Dudhi

Tomato Chutney

10:30 PM

15g Coconut (grated or 1" x 1" Piece)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 4

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM 2 Phulka
Paneer with Mix Veg.

6:00 PM Roasted Makhana

8:30 PM Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

10:30 PM 15g Coconut (grated or 1" x 1" Piece)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 5

Mark tick/cross in

7:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM

Fruit Smoothie / Bowl

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

11:30 AM

1 Glass Water + 1 tbsp chia seeds

2:00 PM

1 Katori Rajma +Veggies

2 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

6:00 PM

Roasted Makhana

8:30 PM

Pasta Salad

1 katori Macroni + Saute Veggies

10:30 PM

1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 6

Mark tick/cross :

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

11:30 AM Pani Puri Water (only water)

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

6:00 PM Roasted Makhana

8:30 PM Free Meal!!

10:30 PM 15g Coconut (grated or 1" x 1" Piece)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 7

Mark tick/cross :

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM Salad
2 Phulka
Chole

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:30 PM 2 Moong dal chilla (+lauki)
Green Chutney

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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