

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

Week 4 - Day 1

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

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

11:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

2:00 PM Salad
1 Phulka
Sabji
Palak Dal

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

7:30 PM Grilled Chicken
Veggies

10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day

 **Exercise**
(in min)

Water
(in litres) 

Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 4 - Day 2

Mark tick/cross in

8:00 AM 1 Coconut water

11:00 AM 1 Stuffed roti [cauliflower/ cabbage]

2:00 PM Salad + curd

1 Phulka

Sabji

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

7:30 PM 1 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)

10:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 4 - Day 3

Mark tick/cross in

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

11:00 AM 2 Idlis
Sambar Chutney

2:00 PM 1 Phulka
Methi Matar Sabji
1 Katori Thick Dal with Onions and Tomatoes

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

7:30 PM Free Meal!!

10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 4 - Day 4

Mark tick/cross :

8:00 AM 1 Coconut water

11:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

2:00 PM 1 Phulka
Paneer with Mix Veg.

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

7:30 PM Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

10:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 4 - Day 5

Mark tick/cross in

8:00 AM 1 Coconut water

11:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

2:00 PM 1 Katori Rajma +Veggies
1 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

7:30 PM Pasta Salad
1 katori Macroni + Saute Veggies

10:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 4 - Day 6

Mark tick/cross :

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

11:00 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

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

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

7:30 PM Grilled Chicken
Veggies

10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.



Weight: 82.2 kg

Name: Farhana

Age: 29 Yrs

Height: 162 Cms

Week 4 - Day 7

Mark tick/cross :

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

11:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

2:00 PM Salad
1 Phulka
Chole

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

7:30 PM 2 Moong dal chilla (+lauki)
Green Chutney

10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

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

B) Refer General Guidelines.