

Weight: 78.3 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 2 - 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 1½ katoris upma [made of oats/ sevaiya + veggies]

12:30 PM 2 tsp roasted Sauf

2:30 PM Salad
2 Phulka
Sabji
Buttermilk

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

9:00 PM 2 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

12:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

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.



Weight: 78.3 kg

Name: Gaurav

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Week 2 - Day 2

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

12:30 PM 3 tsp black til seeds

2:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

6:00 PM Roasted Makhana

9:00 PM 2 Moong dal chilla (+lauki)
Green Chutney

12:30 AM 1 Glass Water + 1 tbsp chia seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 3

Mark tick/cross :

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

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

12:30 PM 3 tsp black til seeds

2:30 PM Salad
2 Phulka
Sabji
Buttermilk

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

9:00 PM Salad
1 Katori Rice
Chicken

12:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 4

Mark tick/cross :

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

10:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

12:30 PM 2 tsp roasted Sauf

2:30 PM 2 Stuffed Palak Roti
Kadi

6:00 PM Roasted Makhana

9:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

12:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 5

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

12:30 PM 2 tsp roasted Sauf

2:30 PM 1.5 Katori rice
Sabji
Dal

6:00 PM Roasted Makhana

9:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

12:30 AM 1 Glass Water + 1 tbsp chia seeds

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 6

Mark tick/cross :

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

12:30 PM 2 tsp roasted Sauf

2:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

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

9:00 PM Free Meal!!

12:30 AM Nil

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 7

Mark tick/cross :

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

10:00 AM 2 Eggs + veggies

12:30 PM 3 tsp black til seeds

2:30 PM 2 Phulka
Matar Paneer

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

9:00 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

12:30 AM 1 Glass Water + 1 tbsp chia seeds

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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