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Ex-Diet Consultant

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11/27/2022

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

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.

(in litres)









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

Week 2 - Day 2		
Mark tick/cross i		
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	
	Daij Radi	
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	
ention total in day		
Exercise		
(in min)		

Program Expiry 21-02-23

Water (in litres)

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

Week 2 - Day 3

Mark tick/cross	i
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)
Exercise (in min	



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

3 3	· ·
Week 2 -	Day 4
Mark tick/cross	i
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)
ention total in day	
Exercise (in min)	
Water 🚍	-

Program Expiry 21-02-23

(in litres)

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

Week 2 - Day 5

Mark tick/cross	i
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
ention total in day	
Exercise	
(in min)	

Program Expiry 21-02-23

Water (in litres)

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

Week 2	<u>Day 6</u>
Mark tick/cross	i
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!!

Mention t	otal in day
	Exercise (in min)

12:30 AM

Water (in litres)

Nil

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- B) Refer General Guidelines.









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

Week 2 - Day 7

Mark tick/cross	i
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
ention total in day	
Exercise	
(in min)	



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