

Weight: 82.2 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

### Week 2 - Day 1

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

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 2 Eggs + veggies

1:00 PM Salad  
2 Phulka  
Sabji  
Palak Dal

4:30 PM Pop-Corn

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

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.**



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## Week 2 - Day 2

Mark tick/cross :

8:00 AM Lemon & Mint Water

10:00 AM 1 Stuffed roti [cauliflower/ cabbage]

1:00 PM Salad + curd

2 Phulka

Sabji

4:30 PM 1 Slice/ Cube Cheese

1 Fruit

8:00 PM 3 Eggs

+ Saute Veggies

1/2 Katori Rice

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 2 - Day 3

Mark tick/cross :

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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

4:30 PM 1 Slice/ Cube Cheese  
1 Fruit

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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21-02-23

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Sneha Fafat

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11/30/2022

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**Week 2 - Day 4**

Mark tick/cross :

8:00 AM Lemon & Mint Water

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

1:00 PM 2 Phulka  
Paneer with Mix Veg.

4:30 PM Pop-Corn

8:00 PM Grilled Chicken  
Spinach Side dish Korean stlye

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 2 - Day 5

Mark tick/cross :

8:00 AM      Lemon & Mint Water

10:00 AM      2 Eggs + veggies

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

4:30 PM      Pop-Corn

8:00 PM      Pasta Salad  
1 katori Macroni + Saute Veggies + 1 Cube Cheese

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 2 - Day 6

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

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

4:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 2 - Day 7

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

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

1:00 PM Salad  
2 Phulka  
Chole

4:30 PM Pop-Corn

8:00 PM Chicken Salad with saute veggies

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
21-02-23

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