

Weight: 88.9 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 10- Day 1

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

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 2 besan chilla [+ cucumber/ lauki]

11:00 AM Tulsi Water (soak tulsi leaves in water overnight)

1:00 PM Salad
2 Phulka
Cababge Peas Sabji

4:30 PM 2 Dates (Eat Half At A Time, Chew Well)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM Mix Veg. Soup (Not Strained)
2 Katori Palak Khichadi

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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

B) Refer General Guidelines.



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Week 10- Day 2

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 2 Dates (Eat Half At A Time, Chew Well)

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM 1 Katori Rice
Dal
Salad/ Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 10- Day 3

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM 1 Phulka
Dal
Salad +Peanuts

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 10- Day 4

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 2 Eggs + veggies

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 2 Dates (Eat Half At A Time, Chew Well)

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 10- Day 5

Mark tick/cross :

6:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 stuffed roti [palak/ methi/ coriander]

11:00 AM Tulsi Water (soak tulsi leaves in water overnight)

1:00 PM Salad of choice

2 Phulkas

Matar Paneer

4:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM 1 Slice/ Cube Cheese

1 Fruit

9:00 PM 2 Moong dal chilla (+ carrot)

onion tomato chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 10- Day 6

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM Fresh Methi Salad
2 Phulka
Sabji

4:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 10- Day 7

Mark tick/cross :

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 methi thepla

11:00 AM Tulsi Water (soak tulsi leaves in water overnight)

1:00 PM 2 Stuffed Lauki Roti
Kadi

4:30 PM 2 Dates (Eat Half At A Time, Chew Well)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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14-12-22

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