

Weight: 59 kg Name: Vasanti Age: 37 Yrs Height: 152 Cms

Week 2 - Day 1

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

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Phulka
Cababge Peas Sabji

5:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

7:30 PM Mix Veg. Soup (Not Strained)
2 Katori Palak Khichadi

10:30 PM 1 Fruit

Mention total in day

 **Exercise**
(in min)

 **Water**
(in litres)

Program Expiry
11-02-23

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

B) Refer General Guidelines.



Weight: 59 kg

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Week 2 - Day 2

Mark tick/cross :

7:00 AM

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

9:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM

3 tsp black til seeds

1:00 PM

Salad

1 Katori Rice

Chole

5:00 PM

1 Katori Peanuts [boiled/ roasted]

7:30 PM

Saute Salad (Bell Peppers + Tomatoes + Cucumber + Zucchini)

Grilled Chicken

10:30 PM

1 Glass Milk (No Sugar)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 3

Mark tick/cross in

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulka
Palak Paneer

5:00 PM 1 Katori Peanuts [boiled/ roasted]

7:30 PM 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)
Kadi

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 4

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
Black Dal
Salad

5:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

7:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 5

Mark tick/cross in

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

11:00 AM 3 tsp black til seeds

1:00 PM Salad of choice

2 Phulkas

Matar Paneer

5:00 PM 1 Katori Peanuts [boiled/ roasted]

7:30 PM 2 Moong dal chilla (+ carrot)
onion tomato chutney

10:30 PM 1 Glass Milk (No Sugar)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 6

Mark tick/cross :

7:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Fresh Methi Salad

2 Phulka
Sabji

5:00 PM 1 Katori Peanuts [boiled/ roasted]

7:30 PM Free Meal!!

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 2 - Day 7

Mark tick/cross in

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1 methi thepla

11:00 AM 3 tsp black til seeds

1:00 PM 2 Stuffed Lauki Roti
Kadi

5:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

7:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:30 PM 1 Glass Milk (No Sugar)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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