

Weight: 76.7 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 3 - Day 1

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

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 2 besan chilla [+ cucumber/ lauki]

12:30 PM Pani Puri Water (only water)

2:30 PM Salad
2 Phulka
Cababge Peas Sabji

6:00 PM Raita [1 Katori Curd + Veggies]

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

12:30 AM 8 Pcs. Walnuts (Eat One 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.



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Week 3 - Day 2

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

12:30 PM 20g Raisin (Eat One At A Time, Chew Well)

2:30 PM Salad
1 Katori Rice
Chole

6:00 PM Saute Peas with onion

9:00 PM Saute veggies
(Bell Peppers + Tomatoes + Cucumber + Zucchini)
Grilled Chicken

12:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 3

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 2 Eggs + veggies

12:30 PM Pani Puri Water (only water)

2:30 PM 2 Phulka
Palak Paneer

6:00 PM Saute Peas with onion

9:00 PM 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)
Kadi

12:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 3 - Day 4

Mark tick/cross in

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

12:30 PM Pani Puri Water (only water)

2:30 PM 1 Katori Rice
Black Dal
Salad

6:00 PM Raita [1 Katori Curd + Veggies]

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

12:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 5

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 1 stuffed roti [palak/ methi/ coriander]

12:30 PM 20g Raisin (Eat One At A Time, Chew Well)

2:30 PM Salad of choice
2 Phulkas
Matar Paneer

6:00 PM Saute Peas with onion

9:00 PM Grilled Chicken
Veggies

12:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 3 - Day 6

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 2 Eggs + veggies

12:30 PM 20g Raisin (Eat One At A Time, Chew Well)

2:30 PM Fresh Methi Salad
2 Phulka
Sabji

6:00 PM Raita [1 Katori Curd + Veggies]

9:00 PM Free Meal!!

12:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 7

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 1 methi thepla

12:30 PM Pani Puri Water (only water)

2:30 PM 2 Stuffed Lauki Roti
Kadi

6:00 PM Raita [1 Katori Curd + Veggies]

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

12:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-02-23

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