

Weight: 81.9 kg      Name: Farhana      Age: 29 Yrs      Height: 162 Cms

**Week 5 - Day 1**

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

8:00 AM      1 Tsp Methi Seeds (soaked)

11:00 AM      2 besan chilla [+ cucumber/ lauki]

2:00 PM      Salad  
1 Phulka  
Cababge Peas Sabji

5:30 PM      1 Slice/ Cube Cheese  
1 Fruit

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

10:00 PM      Sauf Water (soak 1 tbsp Sauf 2-3 hrs in water,eat sauf also)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
25-01-23

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

**B) Refer General Guidelines.**



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## Week 5 - Day 2

Mark tick/cross :

8:00 AM 3 tsp black til seeds

11:00 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:00 PM Salad  
1 Katori Rice  
Chole

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

7:30 PM Grilled Chicken  
Saute Veggies

10:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Sneha Fafat

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12/7/2022

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**Week 5 - Day 3**

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 2 Eggs + veggies

2:00 PM 1 Phulka  
Palak Paneer

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

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

10:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 4

Mark tick/cross in

8:00 AM 3 tsp black til seeds

11:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]  
sambhar/ green chutney

2:00 PM 1 Katori Rice  
Black Dal  
Salad

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

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

10:00 PM Sauf Water (soak 1 tbsp Sauf 2-3 hrs in water,eat sauf also)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 5

Mark tick/cross :

8:00 AM 3 tsp black til seeds

11:00 AM 2 Eggs + veggies

2:00 PM Salad of choice

1 Phulkas

Matar Paneer

5:30 PM 1 Slice/ Cube Cheese

1 Fruit

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

onion tomato chutney

10:00 PM Sauf Water (soak 1 tbsp Sauf 2-3 hrs in water,eat sauf also)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 6

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

2:00 PM Fresh Methi Salad

1 Phulka  
Sabji

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

7:30 PM Free Meal!!

10:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 7

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 2 Eggs + veggies

2:00 PM 1 Stuffed Lauki Roti  
Kadi

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

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

10:00 PM Sauf Water (soak 1 tbsp Sauf 2-3 hrs in water, eat sauf also)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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