

Weight: 87.9 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 11- Day 1

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

6:30 AM 1 Tsp Methi Seeds (soaked)

9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

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

1:00 PM Salad
2 Phulka
Sabji
Dal

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Saute Peas with onion

9:00 PM 2 Palak roti
Kadi

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 11- Day 2

Mark tick/cross :

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1 Fruit + 1 Dryfruit Laddu

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

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 1 Katori Rice
Dal
Salad/ Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 11- Day 3

Mark tick/cross :

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

11:00 AM 3 tsp black til seeds

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:30 PM 2 Eggs

9:00 PM 1 Katori Rice
Dal
Salad/ Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 11- Day 4

Mark tick/cross :

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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

1:00 PM 1 Katori Rice
Dal
Salad

4:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:30 PM Murmura + 1 Tbsp Peanuts

9:00 PM 2 Pav [medium size]
Bhaji [no Butter]

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 11- Day 5

Mark tick/cross in

6:30 AM 1 Tsp Methi Seeds (soaked)

9:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:00 AM 3 tsp black til seeds

1:00 PM 2 Phulkas
Paneer with Mix Veg.

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Saute Peas with onion

9:00 PM salad
2 Phulkas
Corn Palak Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 11- Day 6

Mark tick/cross in

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 2 Idlis
Sambar Chutney

11:00 AM 3 tsp black til seeds

1:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

4:30 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Saute Peas with onion

9:00 PM 100g Grilled Paneer
Saute veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 11- Day 7

Mark tick/cross in

6:30 AM 1 Tsp Methi Seeds (soaked)

9:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

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

1:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

4:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 stuffed roti (peas)
Tomato Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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14-12-22

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