

Weight: 77 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 6 - Day 1

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

- | | |
|--------------------------|--|
| 8:00 AM | Tulsi tea (boil tulsi leaves in water) |
| <input type="checkbox"/> | |
| 10:00 AM | 2 Eggs + veggies |
| <input type="checkbox"/> | |
| 12:30 PM | 1 Glass Water + 1 tbsp chia seeds |
| <input type="checkbox"/> | |
| 2:30 PM | Salad
2 Phulka
Sabji |
| <input type="checkbox"/> | |
| 6:00 PM | Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies |
| <input type="checkbox"/> | |
| 9:00 PM | Steamed Vegetable
1 Stuffed roti (peas)
Tomato Chutney |
| <input type="checkbox"/> | |

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.



24-12-22

Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 6 - Day 2

Mark tick/cross in

8:00 AM

Ginger juice + Honey (each 1 tsp)

10:00 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:30 PM

3 tsp black til seeds

2:30 PM

Salad
2 Phulka
Palak Sabji
Dal

6:00 PM

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

9:00 PM

Grilled Chicken
Saute veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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24-12-22

Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 6 - Day 3

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 2 Eggs + veggies

12:30 PM 3 tsp black til seeds

2:30 PM Salad
2 Phulka
Besan

6:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

9:00 PM 1 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-02-23

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24-12-22

Weight: 77 kg

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Week 6 - Day 4

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

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

12:30 PM 1 Glass Water + 1 tbsp chia seeds

2:30 PM 2 Phulkas
Paneer with Mix Veg.

6:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

9:00 PM Grilled Chicken
Saute veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
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24-12-22

Weight: 77 kg

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Week 6 - Day 5

Mark tick/cross in

8:00 AM

Ginger juice + Honey (each 1 tsp)

10:00 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:30 PM

3 tsp black til seeds

2:30 PM

2 Onion roti / thalipith

1 Katori Curd + Veggies

6:00 PM

Hot Chocolate (Home Made)

[Milk + 1 tbsp Chocolate syrup]

9:00 PM

Salad (+ moth sprouts)

1 Phulka

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise

(in min)

Water

(in litres)



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21-02-23

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24-12-22

Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 6 - Day 6

Mark tick/cross in

8:00 AM Ginger juice + Honey (each 1 tsp)

10:00 AM 2 Eggs + veggies

12:30 PM 1 Glass Water + 1 tbsp chia seeds

2:30 PM Salad
2 Phulkas
Corn Palak Sabji

6:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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24-12-22

Weight: 77 kg

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Age: 35 Yrs

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Week 6 - Day 7

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 2 Eggs + veggies

12:30 PM 1 Glass Water + 1 tbsp chia seeds

2:30 PM 2 Chilla (Besan + Cucumber/ Lauki)
1 Katori Curd (+ Tomatoes, Cucumber)

6:00 PM Sprouts Bhel
1 Katori Sprouts + Murmura + veggies

9:00 PM Pav Bhaji
2 Multigrain Bread
Bhaji

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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