

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

Week 7 - Day 1

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

8:00 AM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

10:00 AM 1 stuffed roti [Gobi/ cucumber]

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

2:30 PM 2 Phulka
Cabbage And Peas Sabji

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM Salad (Carrot + Radish +Other Veggies)
1 Stuffed Lauki Roti
Kadi

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.



26-12-22

Weight: 77 kg

Name: Gaurav

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Week 7 - Day 2

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

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

2:30 PM Salad + Sprouts

2 Phulka

Sabji

6:00 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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26-12-22

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Week 7 - Day 3

Mark tick/cross in

8:00 AM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

10:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

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

2:30 PM Salad
1 Katori Rice
Dal + Tomato Onion

6:00 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Grilled Chicken
Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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26-12-22

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Week 7 - Day 4

Mark tick/cross in

8:00 AM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

10:00 AM 2 Eggs + veggies

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

2:30 PM 2 Phulka
Methi Matar Sabji

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 7 - Day 5

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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

2:30 PM 1 Katori Curd + 1 Katori Rajma +Veggies
1 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

6:00 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Salad (1 Katori Corn + Cheese + 2 Katoris Other Veggies)
1 Garlic Bread/ 4-5 baked Tortilla Chips

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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21-02-23

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26-12-22

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Week 7 - Day 6

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 1 Onion roti/ thalipith

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

2:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

6:00 PM 1 Katori Peanuts [boiled/ roasted]

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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26-12-22

Weight: 77 kg

Name: Gaurav

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Week 7 - Day 7

Mark tick/cross i

8:00 AM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

10:00 AM 1 Dosa
Chutney

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

2:30 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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