

Weight: 83.5 kg      Name: Sejal      Age: 21 Yrs      Height: 155 Cms

**Week 5 - Day 1**

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

8:00 AM      8 Almonds (Eat One At A Time With Skin, Chew Well)

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

1:00 PM      2 Phulka  
Cabbage And Peas Sabji

4:30 PM      Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 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.**



27-12-22

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Week 5 - Day 2

Mark tick/cross in

8:00 AM 1 Fruit

10:00 AM 2 Eggs + veggies

1:00 PM Salad + Sprouts

2 Phulka  
Sabji

4:30 PM 1 Coconut water

8:00 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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**Week 5 - Day 3**

Mark tick/cross in

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

1:00 PM Salad  
1 Katori Rice  
Dal + Tomato Onion

4:30 PM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 3 Eggs  
+ Saute Veggies  
1/2 Katori Rice

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 1 Fruit

10:00 AM 2 Eggs + veggies

1:00 PM 2 Phulka  
Methi Matar Sabji

4:30 PM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 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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27-12-22

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## Week 5 - Day 5

Mark tick/cross in

8:00 AM 1 Fruit

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

1:00 PM 1 Katori Curd + 1 Katori Rajma +Veggies  
1 Phulka  
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:30 PM 1 Coconut water

8:00 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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**Week 5 - Day 6**

Mark tick/cross in

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1 Onion roti/ thalipith

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

4:30 PM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Free Meal!!

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 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 Eggs + veggies

1:00 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)  
1 Katoris Curd with Onions and Tomatoes

4:30 PM 1 Coconut water

8:00 PM Grilled Chicken  
Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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21-02-23

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