

Weight: 83 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 6 - Day 1

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

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

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

1:00 PM 2 Phulka
Sabji
Palak Dal

4:30 PM 1 Glass Milk (No Sugar)

8:00 PM Corn Chat
1 Katori Corn + Paneer + 2 Katoris Other Veggies

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.



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Week 6 - Day 2

Mark tick/cross :

8:00 AM 4 Dates (Eat Half At A Time, Chew Well)

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

1:00 PM Salad
2 Phulka
Sabji
Dal

4:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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 6 - Day 3

Mark tick/cross :

8:00 AM 4 Dates (Eat Half At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

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

4:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2 Moong dal chilla (+ cucumber)
onion tomato chutney

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 6 - Day 4

Mark tick/cross :

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

10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

1:00 PM Chopped Mix Veg Salad + ½ Katori Curd
2 Phulkas
Sabji

4:30 PM 1 Glass Milk (No Sugar)

8:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6 - Day 5

Mark tick/cross :

8:00 AM 4 Dates (Eat Half At A Time, Chew Well)

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

1:00 PM 2 Phulkas
Palak Paneer

4:30 PM 1 Glass Milk (No Sugar)

8:00 PM Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 6 - Day 6

Mark tick/cross :

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

10:00 AM 2 Eggs + veggies

1:00 PM Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

4:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 6 - Day 7

Mark tick/cross :

8:00 AM 4 Dates (Eat Half At A Time, Chew Well)

10:00 AM 1 methi thepla

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

4:30 PM 1 Glass Milk (No Sugar)

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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