

Weight: 72.5 kg      Name: Anjali      Age: 59Yrs      Height: 152 Cms

**Week 21- Day 1**

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

6:40 AM      Ginger juice + Honey (each 1 tsp)

8:30 AM      2 besan chilla [+ cucumber/ lauki]

10:30 AM      1 Fruit

1:00 PM      1 Phulka  
Sabji  
Palak Dal

5:00 PM      Murmura (+ Veggies + Green Chutney)

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  
25-101-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



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## Week 21- Day 2

Mark tick/cross :

6:40 AM

Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

8:30 AM

1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM

Buttermilk

1:00 PM

Salad

1 Phulka

Sabji

Dal

5:00 PM

Pop-corn

8:00 PM

Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 21- Day 3

Mark tick/cross :

6:40 AM Ginger juice + Honey (each 1 tsp)

8:30 AM 2 Eggs + veggies

10:30 AM Buttermilk

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

5:00 PM Murmura (+ 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 21- Day 4

Mark tick/cross :

6:40 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM 1 Fruit

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

1 Phulka

Sabji

5:00 PM Murmura (+ Veggies + Green Chutney)

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 21- Day 5

Mark tick/cross :

6:40 AM

Ginger juice + Honey (each 1 tsp)

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

1 Fruit

1:00 PM

1 Phulka

Palak Paneer

5:00 PM

Pop-corn

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 21- Day 6

Mark tick/cross :

6:40 AM Ginger juice + Honey (each 1 tsp)

8:30 AM 2 Eggs + veggies

10:30 AM Buttermilk

1:00 PM Salad (+ moth sprouts)

1 Phulka

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

5:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 21- Day 7

Mark tick/cross :

6:40 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

8:30 AM 1 methi thepla

10:30 AM 1 Fruit

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

5:00 PM Pop-corn

8:00 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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