

Weight: 87.5 kgs Name: Achint Age: 41 Yrs Height: 178Cms

Week 12- Day 1

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

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulka
Sabji

4:30 PM Dal Water

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM Salad
5 -6 Dhoklas

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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

B) Refer General Guidelines.



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Name: Achint Age: 41 Yrs Height: 178Cms

Week 12- Day 2

Mark tick/cross in

6:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

9:00 AM 50g paneer + Veggies

11:00 AM 1 Fruit

1:00 PM Salad
2 Phulka
Moth Sabji

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM 2 Moong dal chilla (+ Palak)
onion tomato chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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Week 12- Day 3

Mark tick/cross :

6:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
1 Katori rice
dal

4:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:30 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)



Program Expiry
14-12-22

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Week 12- Day 4

Mark tick/cross :

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM As Per avai

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
1 Katori rice
dal

4:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:30 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)



Program Expiry
14-12-22

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Week 12- Day 5

Mark tick/cross :

6:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:00 AM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

11:00 AM 1 Fruit

1:00 PM 2 Phulka
Sabji
Dal

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 12- Day 6

Mark tick/cross :

6:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

9:00 AM 50g paneer + Veggies

11:00 AM 1 Fruit

1:00 PM 2 Phulka
Peas Sabji

4:30 PM Dal Water

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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Weight: 87.5 kgs

Name: Achint Age: 41 Yrs Height: 178Cms

Week 12- Day 7

Mark tick/cross :

6:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Katori Veg. Pulav
Chole

4:30 PM Dal Water

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:00 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
14-12-22

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