

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

Week 8 - Day 1

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

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

12:30 PM 3 tsp black til seeds

2:30 PM 2 Phulka
Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM Salad
5 -6 Dhoklas

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.



Weight: 77 kg

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Week 8 - Day 2

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 50g paneer + Veggies

12:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM Salad
2 Phulka
Moth Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2-3 moong dal chilla (+ Palak)
onion tomato chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 3

Mark tick/cross in

8:00 AM

Tulsi tea (boil tulsi leaves in water)

10:00 AM

1 veg. uttapam [+capsicums, tomatoes, onions]
chutney

12:30 PM

5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM

1 Katori Rajma
+ Veggies
+ Curd

6:00 PM

Saute Peas with onion

9:00 PM

3-4 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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Week 8 - Day 4

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:30 PM 3 tsp black til seeds

2:30 PM Salad

1 Katori rice
Black dal

6:00 PM Saute Peas with onion

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

2 Phulka
Chicken

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 5

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

12:30 PM 3 tsp black til seeds

2:30 PM 2 Phulka
Sabji
Dal

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 6

Mark tick/cross :

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 50g paneer + Veggies

12:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Phulka
Peas Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 7

Mark tick/cross :

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:30 PM 3 tsp black til seeds

2:30 PM Salad
1 Katori Veg. Pulav
Chole

6:00 PM Saute Peas with onion

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)



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