

Weight: 83 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

## Week 7 - Day 1

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

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

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

1:00 PM 1 Phulka  
Sabji  
Salad + Peanuts

4:30 PM 1 Slice/ Cube Cheese  
1-2 Fruit

8:00 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.**



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## Week 7 - Day 2

Mark tick/cross :

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

10:00 AM 2 Eggs + veggies

1:00 PM Salad  
1 Phulka  
Moth Sabji

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM 2 moong dal chilla (+ Palak)  
onion tomato chutney

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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Sneha Fafat

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1/10/2023

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**Week 7 - Day 3**

Mark tick/cross :

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

10:00 AM 50g paneer + Veggies

1:00 PM 1 Katori Rajma  
+ Veggies  
+ Curd

4:30 PM 1 Slice/ Cube Cheese  
1-2 Fruit

8:00 PM 3-4 Eggs  
+ Saute Veggies

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 7 - Day 4

Mark tick/cross in

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

1:00 PM Salad  
1 Katori rice  
Black dal

4:30 PM 1 Slice/ Cube Cheese  
1-2 Fruit

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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## Week 7 - Day 5

Mark tick/cross :

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

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

1:00 PM 1 Phulka  
Sabji  
Dal

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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**Week 7 - Day 6**

Mark tick/cross :

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

10:00 AM 50g paneer + Veggies

1:00 PM 1 Phulka  
Peas Sabji

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 7 - Day 7

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

1:00 PM Salad  
1 Katori Veg. Pulav  
Chole

4:30 PM 1 Slice/ Cube Cheese  
1-2 Fruit

8:00 PM 3-4 Eggs  
+ Saute Veggies

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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