

Weight: 70 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 1 - Day 1

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

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM 1 Fruit

2:00 PM 2 Phulka
Sabji

5:30 PM Sprouts Bhel
1 Katori Sprouts + Murmura (optional) + veggies

8:30 PM Salad
5 -6 Dhoklas

11:30 PM 4 Dates (Eat Half At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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

B) Refer General Guidelines.



Weight: 70 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 1 - Day 2

Mark tick/cross :

8:00 AM

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

9:30 AM

Fruit Smoothie / Bowl

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

11:30 AM

1 Fruit

2:00 PM

Salad

2 Phulka

Methi Sabji

5:30 PM

1 Katori Peanuts [boiled/ roasted]

8:30 PM

2 Moong dal/ besan chilla (+ Palak)

onion tomato chutney

11:30 PM

30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

10-04-23

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Week 1 - Day 3

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM Buttermilk

2:00 PM 1 Katori Beans/Rajma + Veggies + Curd

1 Phulka
Sabji

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM 1 Katori Rice
Chicken [min oil]

11:30 PM 4 Dates (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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Weight: 70 kg

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Week 1 - Day 4

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Fruit

2:00 PM Salad
1.5 Katori rice
Palak Dal

5:30 PM Sprouts Bhel
1 Katori Sprouts + Murmura (optional) + veggies

8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji

11:30 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
10-04-23

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Week 1 - Day 5

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1 Bread + 50g Avacodo

11:30 AM 1 Fruit

2:00 PM 2 Phulka
Sabji
Dal

5:30 PM Sprouts Bhel
1 Katori Sprouts + Murmura (optional) + veggies

8:30 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]
+ Chicken

11:30 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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Week 1 - Day 6

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 2 besan chilla [+ cucumber/ lauki]

11:30 AM Buttermilk

2:00 PM 2 Phulka
Peas Sabji

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Free Meal!!

11:30 PM Nil

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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Week 1 - Day 7

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM Buttermilk

2:00 PM 2 Katori Veg. Pulav
Chole

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

11:30 PM 4 Dates (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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