

Weight: 72.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

## Week 23- Day 1

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

6:40 AM

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

8:30 AM

2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:30 AM

Tulsi tea (boil tulsi leaves in water)

1:00 PM

1 Phulka  
Sabji  
Lauki raita with tadka

5:00 PM

30g Coconut (grated or 2" x 2" Piece)

8:00 PM

Corn Chat  
1 Katori Corn + 50g 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.**



Sneha Fafat

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14-01-23

Name: Anjali

Age: 59Yrs

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**Week 23- Day 2**

Mark tick/cross in

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM Veggies with 1 Cube cheese

10:30 AM Boil Ginger, mint in water and add lemon.

1:00 PM Salad  
1 Millet roti  
Palak Dal

5:00 PM 1 Katori Roasted Chana

8:00 PM 3-4 Grilled Vegetable Tikki with aloo  
(use non- stick pan, 1 tsp oil)  
Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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25-101-23

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**Week 23- Day 3**

Mark tick/cross in

6:40 AM 4 Anjir (Eat Half At A Time, Chew Well)

8:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Sprouts Salad with Tadka  
(1½ Katori Sprouts + Veggies)

5:00 PM 1 Katori Roasted Chana

8:00 PM 1 Stuffed Roti (Cauliflower)  
1 Katori dahi + veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 23- Day 4**

Mark tick/cross in

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Phulkas  
Paneer with Mix Veg.

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM 1 Phulka  
Methi Matar Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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25-101-23

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**Week 23- Day 5**

Mark tick/cross i

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:30 AM Boil Ginger, mint in water and add lemon.

1:00 PM Salad  
1 Millet roti  
Sabji  
kadi

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM Saute Salad (with Broccoli)  
1 Egg

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
25-101-23

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**Week 23- Day 6**

Mark tick/cross in

6:40 AM 4 Anjir (Eat Half At A Time, Chew Well)

8:30 AM Veggies with 1 Cube cheese

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Phulkas  
Mix Veg. with peas

5:00 PM 1 Katori Roasted Chana

8:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
25-101-23

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**Week 23- Day 7**

Mark tick/cross in

6:40 AM 4 Anjir (Eat Half At A Time, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Boil Ginger, mint in water and add lemon.

1:00 PM 1 Katori Boiled Chole + Saute Veggies  
+ 1/2 katori Rice  
+ Green Cutney as dressing

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

8:00 PM 1 Phulka  
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
25-101-23

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