

Weight: 76.4 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 9 - Day 1

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

8:00 AM 1 Coconut water

10:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

12:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:30 PM 2 Phulka
Sabji
Lauki raita with tadka

6:00 PM Roasted makhana + veggies

9:00 PM Corn Chat
1 Katori Corn + 50g Paneer + 2 Katoris Other Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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

B) Refer General Guidelines.



14-01-23

Weight: 76.4 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 9 - Day 2

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

10:00 AM Veggies with 1 Cube cheese

12:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM Salad
1 Millet roti
Palak Dal

6:00 PM Thick buttermilk with tadka and pudina ginger

9:00 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan/ Oven, 1 tsp oil)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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14-01-23

Weight: 76.4 kg

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Week 9 - Day 3

Mark tick/cross in

8:00 AM 1 Coconut water

10:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

12:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:30 PM Sprouts Salad with Tadka
(1½ Katori Sprouts + Saute Veggies)

6:00 PM Roasted makhana + veggies

9:00 PM 2 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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14-01-23

Weight: 76.4 kg

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Week 9 - Day 4

Mark tick/cross in

8:00 AM 1 Coconut water

10:00 AM 2 Eggs + veggies

12:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM 2 Phulkas
Paneer with Mix Veg.

6:00 PM Thick buttermilk with tadka and pudina ginger

9:00 PM 1 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 9 - Day 5

Mark tick/cross in

8:00 AM

1 Tsp Methi Seeds (soaked)

10:00 AM

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

12:30 PM

4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM

Salad
1 Millet roti
Sabji
kadi

6:00 PM

Thick buttermilk with tadka and pudina ginger

9:00 PM

Saute Salad (with Broccoli)
Grilled Chicken

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 9 - Day 6

Mark tick/cross in

8:00 AM 1 Coconut water

10:00 AM Veggies with 1 Cube cheese

12:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:30 PM 2 Phulkas
Mix Veg. with peas

6:00 PM Roasted makhana + veggies

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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14-01-23

Weight: 76.4 kg

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Age: 35 Yrs

Height: 170Cms

Week 9 - Day 7

Mark tick/cross in

8:00 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 2 Eggs + veggies

12:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM 1 Katori Boiled Chole + Saute Veggies
+ 1/2 katori Rice
+ Green Chutney as dressing

6:00 PM Thick buttermilk with tadka and pudina ginger

9:00 PM 2 Phulka
Chicken
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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