

Weight: 61 kg Name: Ritika Age: 30Yrs Height: 150 Cms

Week 1 - Day 1

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

9:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

11:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

2:00 PM 2 Phulka
Sabji
Dal

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Mix Veg. Soup (Not Strained)
2 Katori Palak Khichadi

11:00 PM 1 Slice/ Cube Cheese

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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

B) Refer General Guidelines.



14-01-23

Weight: 61 kg

Name: Ritika

Age: 30Yrs

Height: 150 Cms

Week 1 - Day 2

Mark tick/cross in

9:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

11:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

2:00 PM Salad
1.5 Katori Rice
Palak Dal

6:30 PM Sprouts Salad (1 Katori Sprouts + veggies)
Semi-cooked/ Steamed

8:30 PM 2 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

11:00 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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14-01-23

Weight: 61 kg

Name: Ritika

Age: 30Yrs

Height: 150 Cms

Week 1 - Day 3

Mark tick/cross in

9:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

11:00 AM 1 methi thepla

2:00 PM 2 Phulkas
Paneer with Mix Veg.

6:30 PM Sprouts Salad (1 Katori Sprouts + veggies)
Semi-cooked/ Steamed

8:30 PM Cucumber And Tomato Salad
2 Katori Matar Pulav (1 Katori Peas)
Dal Fry (+ onions & tomatoes)

11:00 PM 1 Slice/ Cube Cheese

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
21-04-23

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14-01-23

Weight: 61 kg

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Age: 30Yrs

Height: 150 Cms

Week 1 - Day 4

Mark tick/cross in

9:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

11:00 AM 2 Eggs + veggies

2:00 PM Salad
2 Phulkas
Corn Palak Sabji

6:30 PM Pani Puri - 6pcs

8:30 PM 2 Phulka
Methi Matar Sabji

11:00 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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14-01-23

Weight: 61 kg

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Week 1 - Day 5

Mark tick/cross in

9:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

11:00 AM 2 besan chilla [+ cucumber/ lauki]

2:00 PM Salad
1 Millet roti
Sabji
kadi

6:30 PM Sprouts Salad (1 Katori Sprouts + veggies)
Semi-cooked/ Steamed

8:30 PM Grilled Chicken
Saute Veggies

11:00 PM 1 Slice/ Cube Cheese

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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14-01-23

Weight: 61 kg

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Age: 30Yrs

Height: 150 Cms

Week 1 - Day 6

Mark tick/cross in

9:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

11:00 AM 2 Eggs + veggies

2:00 PM Salad
1.5 Katori Rice
Chole

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Free Meal!!

11:00 PM Nil

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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B) Refer General Guidelines.



14-01-23

Weight: 61 kg

Name: Ritika

Age: 30Yrs

Height: 150 Cms

Week 1 - Day 7

Mark tick/cross in

9:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

11:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

2:00 PM 2 Phulka
Cabbage And Peas Sabji
1 Katori Palak Dal

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 1 Phulka
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

11:00 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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