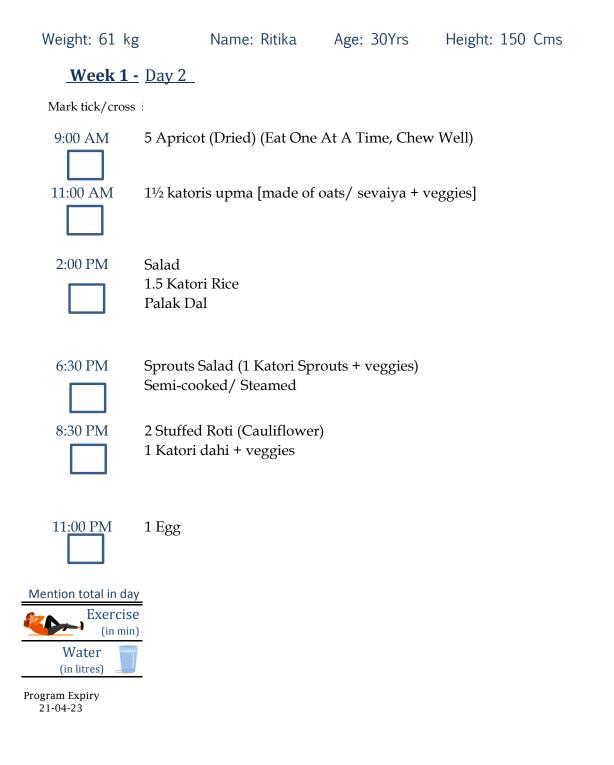




14-01-23





14-01-23

Weight: 61 kg	g Name: Ritika	Age: 30Yrs	Height: 150 (Cms				
<u>Week 1 -</u> <u>Day 3</u>								
Mark tick/cross								
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 Spro Semi-cooked/ Steamed	outs + veggies)						
8:30 PM	Cucumber And Tomato Sal	ad						
	2 Katori Matar Pulav (1 Kat Dal Fry (+ onions & tomato							
11:00 PM	1 Slice/ Cube Cheese							
Mention total in day	9							
Program Expiry 21-04-23								



Age: 30Yrs

Height: 150 Cms

14-01-23

Mark tick/cross i

Weight: 61 kg

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	

Name: Ritika



Age: 30Yrs

Height: 150 Cms

14-01-23

Mark tick/cross	i
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

Name: Ritika



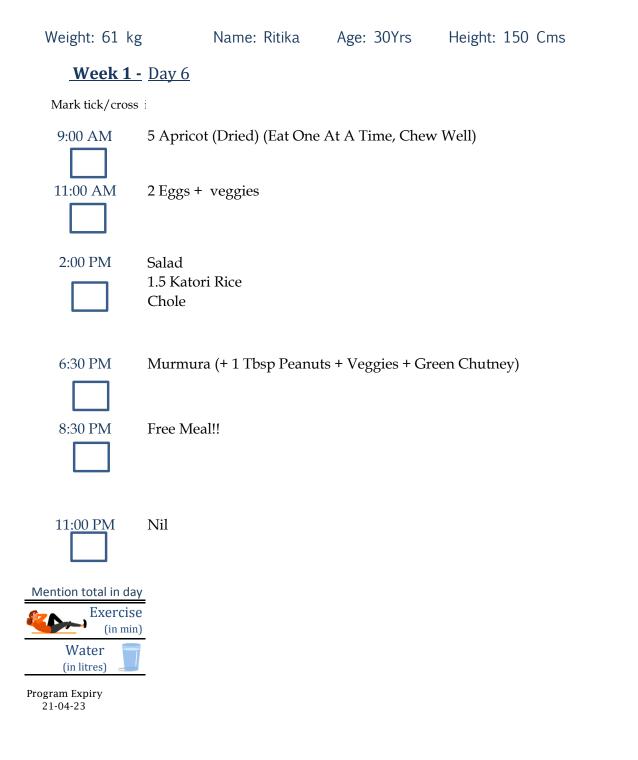
Weight: 61 kg

Week 1 - Day 5

21-04-23



14-01-23





14-01-23

Weight: 61 kg	g Name: Ritika	Age: 30Yrs	Height: 150 Cms				
<u>Week 1 -</u> Day 7							
Mark tick/cross							
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 Peanu	ıts + Veggies + G	reen Chutney)				
8:30 PM	1 Phulka Any Gourd Vegetable (Du	idhi/Turia/Pumj	okin/Cucumber)				
11:00 PM	1 Egg						
Mention total in day Exercise (in min) Water							
(in litres) Program Expiry 21-04-23	<u></u>						

A) If need be diet plan days can be interchanged within a week. B) Refer General Guidelines.