

Weight: 65 kg

Name: Rashmi

Age:33 Yrs

Height: 160 Cms

Week 1 - Day 1

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

9:30 AM 1 Katori Museli + 150ml Milk

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM Salad + 2 tsp seeds (til seeds/ melon seeds/flax seeds)
2 Phulka
Sabji

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Palak Soup
1 Bread toast

11:00 PM Tulsi tea (boil tulsi leaves in water)

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.



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Week 1 - Day 2

Mark tick/cross :

9:30 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

11:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:00 PM Salad
2 Phulka
Gobi matar sabji

4:00 PM 4 Dates (Eat Half At A Time, Chew Well)

6:30 PM Roasted Makhana

8:30 PM 2 Moong dal chilla (+lauki)
Green Chutney

11:00 PM Boil Ginger, mint in water and add lemon.

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross :

9:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Millet roti
Sabji
kadi

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM Roasted Makhana

8:30 PM 1 Katori Boiled Rajma
+ Saute Veggies
Curd Dressing with herbs

11:00 PM Tulsi tea (boil tulsi leaves in water)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 4

Mark tick/cross :

9:30 AM 1 Onion roti/ thalipith

11:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:00 PM Radish and Cucumber Salad

1.5 Katori Rice

1 Katori Rajma

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM 1 Slice/ Cube Cheese

1 Fruit

8:30 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

11:00 PM Tulsi tea (boil tulsi leaves in water)

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 1 - Day 5

Mark tick/cross in

9:30 AM 1 Katori Museli + 150ml Milk

11:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:00 PM Salad + Sprouts
2 Phulka
Sabji

4:00 PM 4 Dates (Eat Half At A Time, Chew Well)

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 1 Glass Milk
+ 1 tbsp chia seeds
+ 2 Fruits

11:00 PM Boil Ginger, mint in water and add lemon.

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

9:30 AM 1 Chilla [oats + besan + onion + coriander + veggies]

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Katori Palak Khichadi

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM Roasted Makhana

8:30 PM Free Meal!!

11:00 PM Boil Ginger, mint in water and add lemon.

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

9:30 AM

1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

11:30 AM

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

2:00 PM

Salad + handful of Peanuts
1/2 Katori Rice + Dal

4:00 PM

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

6:30 PM

1 Slice/ Cube Cheese
1 Fruit

8:30 PM

2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

11:00 PM

Tulsi tea (boil tulsi leaves in water)

Mention total in day



Exercise
(in min)

Water
(in litres)



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