

Weight: 72.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 24- Day 1

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

- | | |
|--------------------------|------------------------------------------------------------------------------------|
| 6:40 AM | 4 Dates (Eat Half At A Time, Chew Well) |
| <input type="checkbox"/> | |
| 8:30 AM | 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower) |
| <input type="checkbox"/> | |
| 10:30 AM | 1 Coconut water |
| <input type="checkbox"/> | |
| 1:00 PM | Salad + 2 tsp seeds (sauf/ til seeds/ melon seeds/flax seeds)
1 Phulka
Sabji |
| <input type="checkbox"/> | |
| 5:00 PM | 1 Fruit |
| <input type="checkbox"/> | |
| 8:00 PM | Palak Soup
1 Bread toast |
| <input type="checkbox"/> | |

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.



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Week 24- Day 2

Mark tick/cross :

6:40 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:30 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

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

1:00 PM Salad
1 Phulka
Gobi matar sabji

5:00 PM 1 Fruit

8:00 PM 2 Moong dal chilla (+lauki)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 24- Day 3

Mark tick/cross :

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

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 1 Coconut water

1:00 PM Salad
1 Millet roti
Sabji
kadi

5:00 PM Pea's Soup

8:00 PM 1 Katori Boiled Rajma
+ Saute Veggies
Curd Dressing with herbs

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 24- Day 4

Mark tick/cross :

6:40 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:30 AM 1 Onion roti/ thalipith

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

1:00 PM Radish and Cucumber Salad

1 Katori Rice

1 Katori Rajma

5:00 PM 1 Fruit

8:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 24- Day 5

Mark tick/cross in

6:40 AM 5 Cashewnuts (Eat One 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 Salad + Sprouts

1 Phulka

Sabji

5:00 PM Pea's Soup

8:00 PM 1 Glass Milk

+ 1 tbsp chia seeds

+ 2 Fruits

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 24- Day 6

Mark tick/cross :

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

8:30 AM 1 Chilla [oats + besan + onion + coriander + veggies]

10:30 AM 1 Coconut water

1:00 PM 2 Katori Palak Khichadi

5:00 PM Cabbage Soup

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 24- Day 7

Mark tick/cross in

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

8:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

10:30 AM 1 Coconut water

1:00 PM Salad + handful of Peanuts
1/2 Katori Rice + Dal

5:00 PM 1 Fruit

8:00 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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25-101-23

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