

Weight: 60 kg Name: Ritika Age: 30Yrs Height: 150 Cms

Week 2 - Day 1

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

9:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

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

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 2 Katori Daliya with Green Dal
+ Tadka +Veggies

11:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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.



Weight: 60 kg

Name: Ritika Age: 30Yrs Height: 150 Cms

Week 2 - Day 2

Mark tick/cross :

9:00 AM 1 Fruit

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

2:00 PM Radish and Cucumber Salad

1 ½ Katoris Rice

1 Katori Rajma

6:30 PM 30g Coconut (grated or 2" x 2" Piece)

Coconut Water

8:30 PM Salad

1 Millet roti

Sabji

Dal

11:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

21-04-23

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Weight: 60 kg

Name: Ritika Age: 30Yrs Height: 150 Cms

Week 2 - Day 3

Mark tick/cross :

9:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

11:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

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

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 2 Phulka
Black Dal

11:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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Weight: 60 kg

Name: Ritika Age: 30Yrs Height: 150 Cms

Week 2 - Day 4

Mark tick/cross :

9:00 AM 1 Fruit

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

2:00 PM 2 Phulka
Sabji
1 Katori Dal

6:30 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

8:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

11:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
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Weight: 60 kg

Name: Ritika Age: 30Yrs Height: 150 Cms

Week 2 - Day 5

Mark tick/cross :

9:00 AM 1 Fruit

11:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

2:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

6:30 PM Pani Puri - 6pcs

8:30 PM 2 Phulka
Methi Matar Sabji

11:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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Weight: 60 kg

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Height: 150 Cms

Week 2 - Day 6

Mark tick/cross :

9:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

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

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

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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Weight: 60 kg

Name: Ritika Age: 30Yrs Height: 150 Cms

Week 2 - Day 7

Mark tick/cross :

9:00 AM 1 Fruit

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

2:00 PM 2 Phulka
Sabji
1 Katori Dal

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

11:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-04-23

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