

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

Week 3 - Day 1

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

9:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:00 PM 2 Phulka
Sabji
Palak Dal

6:30 PM 2 Eggs + veggies

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

11:00 PM 8 Pcs. Walnuts (Eat One At A Time, 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 3 - Day 2

Mark tick/cross :

9:00 AM 1 Glass Water + 1 tbsp chia seeds

11:00 AM 2 Eggs + veggies

2:00 PM Salad + Curd

2 Phulka
Sabji

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

8:30 PM 2 Katoris Green Dal Khichadi
+ Veggies + Tadka

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.

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Weight: 60 kg

Name: Ritika

Age: 30Yrs

Height: 150 Cms

Week 3 - Day 3

Mark tick/cross :

9:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:00 PM Salad

1 Katori Rice

Chole

6:30 PM 2 Eggs + veggies

8:30 PM Corn Chat

1 Katori Corn + 50g Paneer + 2 Katoris Other Veggies

11:00 PM 8 Pcs. Walnuts (Eat One At A Time, 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 3 - Day 4

Mark tick/cross :

9:00 AM 1 Glass Water + 1 tbsp chia seeds

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

2:00 PM 2 Phulka
Cucumber Raita

6:30 PM Pani Puri - 6pcs

8:30 PM Soup
1 Phulka
Sabji

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

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Weight: 60 kg

Name: Ritika

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Week 3 - Day 5

Mark tick/cross :

9:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 2 Fruits + 3 tsp Seeds

2:00 PM Salad
2 Phulka
Sabji

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

8:30 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

11:00 PM 8 Pcs. Walnuts (Eat One At A Time, 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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Week 3 - Day 6

Mark tick/cross :

9:00 AM 1 Tsp Methi Seeds (soaked)

11:00 AM 2 Eggs + veggies

2:00 PM Salad + Curd

2 Phulka
Sabji

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

8:30 PM Free Meal!!

11:00 PM 8 Pcs. Walnuts (Eat One At A Time, 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 3 - Day 7

Mark tick/cross :

9:00 AM 1 Glass Water + 1 tbsp chia seeds

11:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:00 PM Salad
1 Katori Rice
Dal

6:30 PM 2 Eggs + veggies

8:30 PM Grilled Chicken
Saute veggies

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

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