

Weight: 76.3 kg      Name: Gaurav      Age: 35 Yrs      Height: 170Cms

**Week 11 - Day 1**

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

8:00 AM      5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM      1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:30 PM      1 Slice/ Cube Cheese

2:30 PM      Salad  
2 Phulka  
Sabji

6:00 PM      1 Fruit  
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 PM      2 Phulkas  
Paneer with Mix Veg.

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
21-02-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



Sneha Fafat

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1/29/2023

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**Week 11 - Day 2**

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

12:30 PM 1 Slice/ Cube Cheese

2:30 PM Salad  
1 Millet roti  
Sabji  
Dal

6:00 PM Roasted Makhana

9:00 PM Grilled Chicken  
Saute veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 11 - Day 3

Mark tick/cross in

8:00 AM

5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM

Fruit Smoothie / Bowl

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

12:30 PM

Tulsi tea (boil tulsi leaves in water)

2:30 PM

2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

6:00 PM

Roasted Makhana

9:00 PM

Saute veggies + 1 Egg

1 Phulka

Sabji

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 11 - Day 4

Mark tick/cross in

8:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:30 PM Tulsi tea (boil tulsi leaves in water)

2:30 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

6:00 PM 1 Fruit  
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 PM 1 katori Rice  
Chicken  
Salad

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 11 - Day 5

Mark tick/cross in

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Chilla [oats + onion + coriander + veggies]

12:30 PM 1 Slice/ Cube Cheese

2:30 PM 2 Phulka  
Methi Matar Sabji

6:00 PM 1 Fruit  
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 PM Salad (Carrot + Radish +Other Veggies)  
2 Stuffed Lauki Roti  
Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 11 - Day 6

Mark tick/cross :

8:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

12:30 PM 1 Slice/ Cube Cheese

2:30 PM Salad  
1 Millet roti  
Sabji  
kadi

6:00 PM 1 Fruit  
+ 1 tbs Peanut Butter/Handful of peanuts

9:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 11 - Day 7

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

12:30 PM Tulsi tea (boil tulsi leaves in water)

2:30 PM Salad  
2 Phulkas  
Corn Palak Sabji

6:00 PM Roasted Makhana

9:00 PM Grilled Chicken  
Saute veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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