

Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 4 - Day 1

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

8:00 AM 1 Fruit

10:00 AM 1 Katori Museli + 150ml Milk

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

2:00 PM 1 Phulka
Chole/ Rajma

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 1 Katori Rice
Chole/ Rajma

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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

B) Refer General Guidelines.



Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 4 - Day 2

Mark tick/cross in

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

10:00 AM 2 Eggs + veggies

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Phulka
Sabji
Dal

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 3 Slices Pizza

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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

B) Refer General Guidelines.



Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 4 - Day 3

Mark tick/cross :

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

10:00 AM 2 Eggs + veggies

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

2:00 PM Salad
1 Katori Rice
Dal

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 1 Phulka
Paneer with Mix Veg.

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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

B) Refer General Guidelines.



Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 4 - Day 4

Mark tick/cross in

8:00 AM 1 Fruit

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

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

2:00 PM 1 Phulka
Green leafy vegetable

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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

B) Refer General Guidelines.



Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 4 - Day 5

Mark tick/cross in

8:00 AM 1 Fruit

10:00 AM 1 Katori Museli + 150ml Milk

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

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

1 Phulka

Sabji

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 1 Phulka

Sabji

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

10-04-23

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

B) Refer General Guidelines.



Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 4 - Day 6

Mark tick/cross in

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

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

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

2:00 PM 1 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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

B) Refer General Guidelines.



Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 4 - Day 7

Mark tick/cross in

8:00 AM 1 Fruit

10:00 AM 2 Eggs + veggies

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad (+ moth sprouts)

1 Phulka

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 5-6 Dhoklas

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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

B) Refer General Guidelines.