

Weight: 62 kg Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 - Day 1

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

9:00 AM 1 Coconut water

10:30 AM Fruit Smoothie / Bowl

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

2:00 PM 1 Phulka

Sabji
Salad + curd

4:30 PM Sauf Water (soak 1 tbsp Sauf 3-4 hrs in water,eat sauf also)

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

9:00 PM 2 Phulkas
Paneer with Mix Veg.

12:00 AM 1 Small Dark Chocolate [15 - 20g]

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
29-04-23

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

B) Refer General Guidelines.



Weight: 62 kg

Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 - Day 2

Mark tick/cross :

9:00 AM Tulsi tea (boil tulsi leaves in water)

10:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

2:00 PM Salad
1 Phulka
Sabji
Kadi

4:30 PM 200 ml Fruit Juice

6:30 PM Saute Peas with onion

9:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

12:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
29-04-23

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Weight: 62 kg

Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 - Day 3

Mark tick/cross :

9:00 AM 1 Coconut water

10:30 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

4:30 PM Sauf Water (soak 1 tbsp Sauf 3-4 hrs in water,eat sauf also)

6:30 PM Saute Peas with onion

9:00 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

12:00 AM 1 Small Dark Chocolate [15 - 20g]

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
29-04-23

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Weight: 62 kg

Name: Shikha

Age: 35 Yrs

Height: 160Cms

Week 1 - Day 4

Mark tick/cross :

9:00 AM 1 Coconut water

10:30 AM Fruit Smoothie / Bowl

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

2:00 PM 1 Phulka

Green leafy vegetable

4:30 PM 200 ml Fruit Juice

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

9:00 PM 2 Dosa

Sambar chutney

12:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Weight: 62 kg

Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 - Day 5

Mark tick/cross :

9:00 AM Tulsi tea (boil tulsi leaves in water)

10:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

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

4:30 PM Sauf Water (soak 1 tbsp Sauf 3-4 hrs in water, eat sauf also)

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

9:00 PM 2 Phulka
Sabji

12:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
29-04-23

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Weight: 62 kg

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Week 1 - Day 6

Mark tick/cross :

9:00 AM 1 Coconut water

10:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

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

4:30 PM 200 ml Fruit Juice

6:30 PM Saute Peas with onion

9:00 PM Free Meal!!

12:00 AM 1 Small Dark Chocolate [15 - 20g]

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Weight: 62 kg

Name: Shikha

Age: 35 Yrs

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Week 1 - Day 7

Mark tick/cross :

9:00 AM

1 Coconut water

10:30 AM

Fruit Smoothie / Bowl

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

2:00 PM

Salad (+ moth sprouts)

1 Phulka

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

4:30 PM

200 ml Fruit Juice

6:30 PM

30g Coconut (grated or 2" x 2" Piece)

9:00 PM

5-6 Dhoklas

12:00 AM

1 Small Dark Chocolate [15 - 20g]

Mention total in day



Exercise
(in min)

Water
(in litres)



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