

Weight: 82 kg      Name: Sejal      Age: 21 Yrs      Height: 155 Cms

**Week 9 - Day 1**

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

7:00 AM      4 Dates (Eat Half At A Time, Chew Well)

[Pre workout  
only]

9:00 AM      1 Slice/ Cube Cheese  
1 Fruit

1:00 PM      1 Phulka  
Sabji  
Salad + curd

4:30 PM      1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM      1 Phulka  
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.**



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## Week 9 - Day 2

Mark tick/cross in

7:00 AM 1 Banana (take Small bites, chew well)

[Pre workout only]

9:00 AM 2 Eggs + veggies

1:00 PM 1 Phulka  
Sabji  
Dal

4:30 PM Saute Peas with onion

8:00 PM 2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 9 - Day 3

Mark tick/cross :

7:00 AM 4 Dates (Eat Half At A Time, Chew Well)

[Pre workout only]

9:00 AM 2 Eggs + veggies

1:00 PM Salad  
1 Katori Rice  
Dal with Palak

4:30 PM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 1 Phulka  
Chicken

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 9 - Day 4

Mark tick/cross :

7:00 AM 1 Banana (take Small bites, chew well)

[Pre workout only]

9:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

1:00 PM 1 Phulka  
Green leafy vegetable

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM 3 Eggs  
+ Saute Veggies  
1/2 Katori Rice

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 9 - Day 5

Mark tick/cross :

7:00 AM 1 Banana (take Small bites, chew well)

[Pre workout only]

9:00 AM 1 Chilla [oats + Besan + onion + veggies]

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

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM 1 Phulka  
Sabji

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 9 - Day 6

Mark tick/cross :

7:00 AM 4 Dates (Eat Half At A Time, Chew Well)

[Pre workout only]

9:00 AM 1 Slice/ Cube Cheese  
1 Fruit

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

4:30 PM Saute Peas with onion

8:00 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 9 - Day 7

Mark tick/cross :

7:00 AM 4 Dates (Eat Half At A Time, Chew Well)

[Pre workout only]

9:00 AM 2 Eggs + veggies

1:00 PM Salad (+ moth sprouts)

1 Phulka

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

4:30 PM Hot Chocolate (Home Made)

[Milk + 1 tbsp Chocolate syrup]

8:00 PM 5-6 Dhoklas

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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