

Weight: Name: Aarti Age: 30 Yrs Height: 152 Cms

Week 1 - Day 1

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

7:30 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM 1 Coconut water

1:30 PM 2 Phulka
Sabji
Salad

5:00 PM Murmura (+ Veggies + Green Chutney)

7:30 PM 2 Besan chilla [+ cucumber/ lauki]
1 Katori Curd

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-05-23

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

B) Refer General Guidelines.



Weight:

Week 1 - Day 2

Mark tick/cross in

7:30 AM 2 Dates (Eat Half At A Time, Chew Well)

9:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:30 AM 1 Coconut water

1:30 PM Salad + 2 tsp Mix sededs
2 Phulka
Palak Sabji

5:00 PM Murmura (+ Veggies + Green Chutney)

7:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

Water 
(in litres)

Program Expiry
21-05-23

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

B) Refer General Guidelines.



Weight:

Week 1 - Day 3

Mark tick/cross in

7:30 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1 methi thepla

11:30 AM Buttermilk

1:30 PM Salad
2 Onion roti / thalipith
1 Katori Curd + Veggies

5:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

7:30 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

Water 
(in litres)

Program Expiry
21-05-23

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Weight:

Week 1 - Day 4

Mark tick/cross in

7:30 AM 2 Dates (Eat Half At A Time, Chew Well)

9:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Coconut water

1:30 PM 2 Phulka
Paneer with Mix Veg.

5:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

7:30 PM 1 Phulka
Sabji
Salad

10:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-05-23

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

B) Refer General Guidelines.



Weight:

Week 1 - Day 5

Mark tick/cross in

7:30 AM 2 Dates (Eat Half At A Time, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM 1 Coconut water

1:30 PM Salad
2 Stuffed roti (peas)
Tomato Chutney

5:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

7:30 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]
1 Slice cheese

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-05-23

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

B) Refer General Guidelines.



Weight:

Week 1 - Day 6

Mark tick/cross

7:30 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:30 AM Buttermilk

1:30 PM 2 Phulka
Cabbage And Peas Sabji
Dal

5:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

7:30 PM Free Meal!!

10:30 PM Nil

Mention total in day

 Exercise
(in min)

Water 
(in litres)

Program Expiry
21-05-23

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

B) Refer General Guidelines.



Weight:

Week 1 - Day 7

Mark tick/cross in

- 7:30 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well)
- 9:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
- 11:30 AM Buttermilk
- 1:30 PM Salad (Carrot + Radish +Other Veggies)
 2 Stuffed Lauki Roti
 Kadi
- 5:00 PM 1 Katori Boiled Chana
 [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
- 7:30 PM 2 Katoris Khichadi
 with lots of veggies and tadka
 + 1 tsp ghee (from top)
- 10:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-05-23

- A) If need be diet plan days can be interchanged within a week.
 B) Refer General Guidelines.