

Weight: 45.7 kg Name: Aarti Age: 30 Yrs Height: 152 Cms

Week 3 - Day 1

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

7:30 AM 1 Coconut water

9:30 AM 1 besan chilla [+ cucumber/ lauki]

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM Salad
2 Phulka
Sabji
Dal

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM Salad
1 Katori Rice
Dal

10:30 PM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

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: 45.7 kg

Name: Aarti

Age: 30 Yrs

Height: 152 Cms

Week 3 - Day 2

Mark tick/cross in

7:30 AM

1 Tsp Methi Seeds (soaked)

9:30 AM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

11:30 AM

1 Fruit

1:30 PM

Salad
2 Phulka
Chole

5:00 PM

1 Glass Milk + 1 tbsp chia seeds

7:30 PM

3-4 Slices Thin crust Pizza

10:30 PM

5 Apricot (Dried) (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: 45.7 kg

Name: Aarti Age: 30 Yrs Height: 152 Cms

Week 3 - Day 3

Mark tick/cross in

7:30 AM 1 Coconut water

9:30 AM 1 Glass Milk + 1 tbsp chia seeds

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM 1 Katori Rice
Palak Dal

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

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

10:30 PM 5 Apricot (Dried) (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: 45.7 kg

Name: Aarti

Age: 30 Yrs

Height: 152 Cms

Week 3 - Day 4

Mark tick/cross in

7:30 AM 1 Tsp Methi Seeds (soaked)

9:30 AM 1 Katori Boiled Chana
[+ Veggies + Lemon]

11:30 AM 1 Fruit

1:30 PM 2 Phulka
Sabji
Salad + Moong

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM 2 Phulka
Chicken
Salad

10:30 PM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

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: 45.7 kg

Name: Aarti

Age: 30 Yrs

Height: 152 Cms

Week 3 - Day 5

Mark tick/cross in

7:30 AM

1 Tsp Methi Seeds (soaked)

9:30 AM

1 Chilla [oats + Besan+ onion + veggies]

11:30 AM

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

1:30 PM

Salad

1 Katori Rice

Chicken

5:00 PM

1 Glass Milk + 1 tbsp chia seeds

7:30 PM

1 Katori Rajma + Saute veggies + Curd

1 Phulka

Sabji

10:30 PM

5 Apricot (Dried) (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: 45.7 kg

Name: Aarti Age: 30 Yrs Height: 152 Cms

Week 3 - Day 6

Mark tick/cross in

7:30 AM 1 Coconut water

9:30 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

11:30 AM 1 Fruit

1:30 PM 2 Phulka
2 Eggs + veggies

5:00 PM 1 Glass Milk + 1 tbsp chia seeds

7:30 PM Free Meal!!

10:30 PM 3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

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: 45.7 kg

Name: Aarti Age: 30 Yrs Height: 152 Cms

Week 3 - Day 7

Mark tick/cross in

7:30 AM 1 Coconut water

9:30 AM 1 Glass Milk + 1 tbsp chia seeds

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM Salad
2 Phulka
Sabji

5:00 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

10:30 PM 5 Apricot (Dried) (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.