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Ex-Diet Consultant

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Indian Dietetic Association, International confederation of Dietetic Associations,

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3/4/2023

Name: Akanksha Age: 29 Yrs Height: 160 Cms Weight: 67.2 kg Week 8 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] Salad 2:00 PM 1/2 Katori Rice + Rajma 1 Katori Peanuts [boiled/ roasted] 5:30 PM 8:30 PM Salad 1 Phulka

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

# Mention total in day Exercise (in min) Water (in litres)

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









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Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 8 -** Day 2

Mark tick/cros	s i
10:00 AM	1½ Katori Sprouts [+ Veggies; Raw or half cooked]
2:00 PM	Salad 1 Phulka Sabji
5:30 PM	1 Katori Chole + Veggies
8:30 PM	1 Roti + 1 Egg Salad

Can have like a roll

Mention total in day



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Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 8 -** Day 3

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Mark tick/cross i		
10:00 AM	2 Eggs + veggies	
2:00 PM	Grilled Chicken Saute Veggies	
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)	
8:30 PM	1 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)	

Mention total in day



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Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 8 -** Day 4

Mark tick/cross	i
10:00 AM	Murmura + 1/2 Katori Roasted Chana
2:00 PM	Salad 1 Phulka Mix veg Paneer
5:30 PM	Salad + Moong
8:30 PM	Salad 1 Stuffed Lauki Roti Kadi



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Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 8 -** Day 5

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Mark	uck/	cross	1

10:00 AM Murmura + ½ Katori Roasted Chana

2:00 PM Salad

1 Peas Stuffed Roti

Curd

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM 1 Fruit

+ 2 Eggs + Veggies

Mention total in day



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Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

<u>Week 8 -</u> <u>Day 6</u>

	-
Mark tick/cross	i
10:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
2:00 PM	1 Katori Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)
5:30 PM	1 Katori Peanuts [boiled/ roasted]
8:30 PM	Free Meal!!

Mention total in day



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









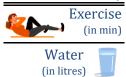
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Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 8 - Day 7

WEEK O	<u>Day 7</u>
Mark tick/cross	i
10:00 AM	2 Eggs +Veggies
2:00 PM	1 Katori Corn + Saute Veggies
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	Grilled Fish Saute veggies

Mention total in day



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