

Weight: 95 kg

Name: Yoshita

Age: 18 Yrs

Height: 165Cms

Week 1 - Day 1

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

9:00 AM 1 Methi thepla [min to no oil]

11:30 AM Buttermilk

2:00 PM Salad + Chana
2 Phulka
Sabji

4:30 PM 1 Fruit

6:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:30 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

11:30 PM Pop-corn

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
15-06-23

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

B) Refer General Guidelines.



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Week 1 - Day 2

Mark tick/cross :

9:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 1 Coconut water

2:00 PM Salad
2 Phulka
Palak Sabji
Dal

4:30 PM 1 Katori Peanuts [boiled/ roasted]

6:30 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:30 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

11:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross :

9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM Buttermilk

2:00 PM Saute Veggies
1.5 Katori Rice
Sambar with veggies

4:30 PM 1 Fruit

6:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
6pcs Pani Puri

11:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 4

Mark tick/cross :

9:00 AM 1 Veg Roti [lauki/ cucumber]

11:30 AM 1 Coconut water

2:00 PM 2 Phulka
Sabji
Curd + Veggies

4:30 PM 1 Katori Peanuts [boiled/ roasted]

6:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:30 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney
Chole [Min Oil]

11:30 PM Pop-corn

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross :

9:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 1 Coconut water

2:00 PM 2 Phulkas
Paneer with Mix Veg.

4:30 PM 1 Katori Peanuts [boiled/ roasted]

6:30 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:30 PM Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

11:30 PM Pop-corn

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

9:00 AM 2 besan chilla [+ cucumber/ lauki]

11:30 AM Buttermilk

2:00 PM Salad
2 Phulka
Cabbage peas Sabji
Dal

4:30 PM 1 Fruit

6:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:30 PM Free Meal!!

11:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

9:00 AM 1 Onion roti/ thalipith

11:30 AM Buttermilk

2:00 PM 1.5 Katori Rice
Palak Dal
Salad

4:30 PM 1 Fruit

6:30 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

8:30 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

11:30 PM Pop-corn

Mention total in day



Exercise
(in min)

Water
(in litres)



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