

Weight: 121.6 Name: Varun Age: 28 Yrs Height: 178 Cms

**Week 3 - Day 1**

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

8:00 AM 8 Almonds (Eat One At A Time, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM 2 Phulka  
Paneer with Mix Veg.

5:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:30 PM 2 Roti + 1 Egg  
veggies

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
21-06-23

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

**B) Refer General Guidelines.**



26-03-23

Weight: 121.6 Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 3 - Day 2

Mark tick/cross

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

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

11:30 AM Boil Ginger, mint in water and add lemon.

2:00 PM Grilled Chicken  
Saute Veggies

5:30 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Saute veggies  
1 Katori Noodles (Boiled)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
21-06-23

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26-03-23

Weight: 121.6 Name: Varun

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**Week 3 - Day 3**

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM Salad  
2 Phulka  
Gobi Matar Sabji

5:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:30 PM 3-4 Eggs  
+ Saute Veggies  
2 Bread

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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26-03-23

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Week 3 - Day 4

Mark tick/cross in

8:00 AM 8 Almonds (Eat One At A Time, Chew Well)

9:30 AM 1 Katori Peanuts [boiled/ roasted]

11:30 AM Boil Ginger, mint in water and add lemon.

2:00 PM 1.5 Katori Rice  
Chole

5:30 PM 2 Eggs

8:30 PM Salad (Carrot + Radish +Other Veggies)  
2 Stuffed Lauki Roti  
Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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26-03-23

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Week 3 - Day 5

Mark tick/cross i

8:00 AM 8 Almonds (Eat One At A Time, Chew Well)

9:30 AM 2 besan chilla [+ cucumber/ lauki]

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Tomato Chutney

5:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:30 PM Salad (+ moth sprouts)  
2 Phulka  
Sabji

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
21-06-23

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26-03-23

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**Week 3 - Day 6**

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM Sala [1 Katori Rajma +Veggies]  
1 Phulka  
Sabji

5:30 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
21-06-23

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26-03-23

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Week 3 - Day 7

Mark tick/cross in

8:00 AM 8 Almonds (Eat One At A Time, Chew Well)

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

11:30 AM Boil Ginger, mint in water and add lemon.

2:00 PM Salad + Sprouts

1 Katori Rice

Chicken

5:30 PM 2 Eggs

8:30 PM 2 Stuffed Roti (Cauliflower)

Kadi

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry  
21-06-23

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