

Weight: 121.5kg

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 5 Apricot (Dried) (Eat One At A Time, Chew Well)

9:30 AM 1 Fruit + 4 Almonds

11:30 AM Lemon & Mint Water

2:00 PM Salad
2 Phulka
Chole

5:30 PM Murmura (+ Veggies + Green Chutney)

8:30 PM Palak Soup
1-2 Mango

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.



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Week 3 - Day 2

Mark tick/cross in

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

9:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:30 AM 1 Slice/ Cube Cheese

2:00 PM Salad
1 Katori Rice
Palak Dal

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

8:30 PM Salad
+ 1 Katori Peanuts
1 katori Veg Khichadi

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Weight: 121.5kg

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Week 3 - Day 3

Mark tick/cross in

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

9:30 AM 2 Eggs + veggies

11:30 AM Lemon & Mint Water

2:00 PM 2 Dosa
Sambar chutney

5:30 PM Murmura (+ Veggies + Green Chutney)

8:30 PM 2-3 Idlis
Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 3 - Day 4

Mark tick/cross in

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

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

11:30 AM 1 Slice/ Cube Cheese

2:00 PM Salad
2 Phulka
Sabji
Dal

5:30 PM Murmura (+ Veggies + Green Chutney)

8:30 PM 1 Millet roti
Sabji
Kadi

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 3 - Day 5

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 Lemon & Mint Water

2:00 PM 1 Katori Rajma +Veggies
2 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

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

8:30 PM Grilled Chicken Saute veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 3 - Day 6

Mark tick/cross in

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

9:30 AM 1 Fruit + 4 Almonds

11:30 AM 1 Slice/ Cube Cheese

2:00 PM 2 Phulkas
Paneer with Mix Veg.

5:30 PM Murmura (+ Veggies + Green Chutney)

8:30 PM Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 3 - Day 7

Mark tick/cross in

8:00 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM

1 Glass Milk + 1 tbsp chia seeds

11:30 AM

Lemon & Mint Water

2:00 PM

Salad
2 Phulka
Sabji
kadi

5:30 PM

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

8:30 PM

2 katoris Sambar Rice

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-06-23

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