

Weight: 95 kg

Name: Yoshita

Age: 18 Yrs

Height: 165Cms

Week 2 - Day 1

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

9:00 AM 1 Fruit + 4 Almonds

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Sabji
Buttermilk

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 5 -6 Pcs Dhoklas
Soup

11:30 PM 1 Glass Milk (No Sugar)
+ haladi

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 2 - Day 2

Mark tick/cross :

9:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Katori Rice
Palak Dal

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM Murmura (+ Veggies + Green Chutney)

8:30 PM 2 katoris Curd Rice

11:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 3

Mark tick/cross :

9:00 AM

Fruit Smoothie / Bowl

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

11:30 AM

4 Dates (Eat Half At A Time, Chew Well)

2:00 PM

2 Dosa

Sambar chutney

4:30 PM

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

6:30 PM

Murmura (+ Veggies + Green Chutney)

8:30 PM

2-3 Idlis

Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

11:30 PM

1 Glass Milk (No Sugar)

+ haldi

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 2 - Day 4

Mark tick/cross :

9:00 AM 1 besan chilla [+ cucumber/ lauki]

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Sabji
Buttermilk

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Palak Soup
1-2 Mango

11:30 PM 1 Glass Milk (No Sugar)
+ haldi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 5

Mark tick/cross :

9:00 AM

Fruit Smoothie / Bowl

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

11:30 AM

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

2:00 PM

1 Katori Curd +Veggies

2 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:30 PM

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

6:30 PM

1 Slice/ Cube Cheese

1 Fruit

8:30 PM

Salad

+ 1 Katori Peanuts

3 Slices Pizza

11:30 PM

4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 2 - Day 6

Mark tick/cross :

9:00 AM 1 Fruit + 4 Almonds

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM 2 Phulkas
Paneer with Mix Veg.

4:30 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

6:30 PM Murmura (+ Veggies + Green Chutney)

8:30 PM Free Meal!!

11:30 PM 1 Glass Milk (No Sugar)
+ haldi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 7

Mark tick/cross :

9:00 AM

Fruit Smoothie / Bowl

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

11:30 AM

4 Dates (Eat Half At A Time, Chew Well)

2:00 PM

Salad

2 Phulka

Sabji

Buttermilk

4:30 PM

Tulsi tea (boil tulsi leaves in water)

6:30 PM

1 Slice/ Cube Cheese

1 Fruit

8:30 PM

1 Millet roti

Sabji

Kadi

11:30 PM

4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise

(in min)

Water

(in litres)



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