

Weight: 95 kg

Name: Yoshita

Age: 18 Yrs

Height: 165Cms

### Week 3 - Day 1

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

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

Paneer with mix Veg Sabji

5:30 PM

Sprouts Bhel

1 Katori Sprouts + Murmrua + veggies

8:30 PM

Soup

2 Katori Mix veg Khichadi

11:30 PM

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

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 3 - Day 2

Mark tick/cross :

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

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

2:00 PM 2 Millet roti

Sabji

Dal

5:30 PM Saute veggies + 2 tbsp Peanuts

8:30 PM 2 Chilla (Besan + Cucumber/ Lauki)

Curd

11:30 PM 1 Mango

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 3 - Day 3

Mark tick/cross :

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

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

2:00 PM 2 Phulkas  
Palak Paneer

5:30 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

8:30 PM 2 Methi Thepla  
Kadi

11:30 PM 1 Mango

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 3 - Day 4

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

Salad

2 Phulka

Sabji

Dal

5:30 PM

6 Pcs Pani Puri

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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## Week 3 - Day 5

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  
Sambar

5:30 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

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

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 3 - Day 6

Mark tick/cross :

9:00 AM 2 Fruits

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

2:00 PM Salad  
2 Phulka  
Sabji  
Buttermilk

5:30 PM Saute veggies + 2 tbsp Peanuts

8:30 PM Free Meal!!

11:30 PM Nil

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 3 - Day 7

Mark tick/cross :

9:00 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:30 AM

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

2:00 PM

3-4 Idlis

Sambar Chutney

5:30 PM

Sprouts Bhel

1 Katori Sprouts + Murmrua + veggies

8:30 PM

3 Slices Pizza

Broccoli Almond Soup

11:30 PM

1 Mango

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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