

Weight: 68 kg

Name: Sheela

Age:54 Yrs

Height: 145 Cms

Week 1 - Day 1

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

8:00 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM

Fruit Smoothie / Bowl

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

12:00 PM

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

2:00 PM

Salad

2 Phulka

Paneer with mix Veg Sabji

5:30 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:15 PM

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

9:00 PM

Soup

2 Katori Palak Khichadi

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
18-04-23

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 :

8:00 AM 1 Coconut water

10:00 AM 2 besan chilla [+ cucumber/ lauki]

12:00 PM Buttermilk

2:00 PM 1 Millet roti
Sabji
Dal

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

7:15 PM 1 Fruit

9:00 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]
1 Slice Cheese
Veg Soup

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 1 - Day 3

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

12:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM 2 Phulkas
Palak Paneer

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:15 PM 1 Fruit

9:00 PM 2 Methi Thepla
Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 4

Mark tick/cross :

8:00 AM 1 Coconut water

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Gobi Matar Sabji
Buttermilk

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

7:15 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 1 - Day 5

Mark tick/cross :

8:00 AM 1 Coconut water

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

12:00 PM Buttermilk

2:00 PM Salad
1.5 Katori Rice
Palak Dal

5:30 PM 6 Pcs Pani Puri

7:15 PM 1 Fruit

9:00 PM 1 Katori Curd + 1 Katori Rajma +Veggies
1 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 methi thepla

12:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Sabji
Buttermilk

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

7:15 PM 1 Fruit

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

8:00 AM 1 Coconut water

10:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM Buttermilk

2:00 PM 2-3 Idlis
Sambar Chutney

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:15 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 PM Grilled Paneer
Grilled Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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18-04-23

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