

Weight: 120.4kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

### Week 6 - 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 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:30 AM Dal Water

2:00 PM Salad  
2 Phulka  
Sabji  
Dal

5:30 PM 1 Fruit  
+ 1 tbsp Peanut Butter/Handful of peanuts

8:30 PM Soup  
3-4 Slices Thin Crust Pizza (Mushroom/Paneer)

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 6 - Day 2

Mark tick/cross in

8:00 AM

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

9:30 AM

1 veg. uttapam [+capsicums, tomatoes, onions]  
sambhar/ green chutney

11:30 AM

Buttermilk

2:00 PM

1.5 Katori Rice  
Chicken

5:30 PM

30g Coconut (grated or 2" x 2" Piece)  
Coconut Water

8:30 PM

2-3 Idlis  
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 6 - Day 3

Mark tick/cross :

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

9:30 AM 2 Eggs + Veggies

11:30 AM Buttermilk

2:00 PM 2 Phulkas  
Gobi Matar

5:30 PM 1 Fruit  
+ 1 tbsp Peanut Butter/Handful of peanuts

8:30 PM Saute Veggies  
1 Katori Hummus  
2 Falafel Grilled [Can have wrapped in a lettuce]

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 6 - Day 4

Mark tick/cross in

8:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:30 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:30 AM Dal Water

2:00 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)  
1 Katoris Curd with Onions and Tomatoes

5:30 PM 1 Fruit  
+ 1 tbsp Peanut Butter/Handful of peanuts

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

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 6 - Day 5

Mark tick/cross in

8:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:30 AM Veggies In Tomato Basil Sauce  
1 Bread

11:30 AM Buttermilk

2:00 PM 2 Katori Palak Khichadi  
Kadi

5:30 PM 30g Coconut (grated or 2" x 2" Piece)  
Coconut Water

8:30 PM Grilled Chicken  
Saute veggies

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 6 - Day 6

Mark tick/cross in

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

9:30 AM 1 Stuffed roti [cauliflower/ cabbage]

11:30 AM Buttermilk

2:00 PM Salad  
Sandwich  
[2 Bread + Veggies + 1 Slice Cheese]

5:30 PM 30g Coconut (grated or 2" x 2" Piece)  
Coconut Water

8:30 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 6 - Day 7

Mark tick/cross in

8:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:30 AM 2 Eggs + Veggies

11:30 AM Dal Water

2:00 PM Salad  
2 Phulka  
Sabji  
Buttermilk

5:30 PM 1 Fruit  
+ 1 tbs Peanut Butter/Handful of peanuts

8:30 PM Salad  
1 Millet roti  
Sabji  
Dal

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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