

Weight: 83.8 kg    Name: Hina    Age: 31 Yrs    Height: 162 Cms

**Week 3 - Day 1**

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

7:30 AM    1 Coconut water

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

1:00 PM    Salad  
2 Phulka  
Sabji

4:30 PM    1 Slice/ Cube Cheese

6:30 PM    1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM    Salad  
1 Millet roti  
Sabji  
Kadi

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



24-04-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

## Week 3 - Day 2

Mark tick/cross in

7:30 AM

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

9:00 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

1:00 PM

Herbed Rice - 1.5 Katori  
Paneer In any Veg Gravy

4:30 PM

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

6:30 PM

1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



24-04-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

**Week 3 - Day 3**

Mark tick/cross in

7:30 AM 1 Coconut water

9:00 AM 1 Bread + 40g Paneer + Veggies

1:00 PM 2 Palak Roti

Kadi  
Salad

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

6:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM 2 Katori Curd Rice  
Saute Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



24-04-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

## Week 3 - Day 4

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Mango + 10 Almonds

1:00 PM Salad  
2 Phulka  
Sabji  
Buttermilk

4:30 PM 1 Slice/ Cube Cheese

6:30 PM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

9:00 PM 1 Katori Spaghetti  
Tomato Basil Sauce (or any vegetable gravy)  
Saute veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



24-04-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

**Week 3 - Day 5**

Mark tick/cross in

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

1:00 PM 2 Stuffed Lauki Roti  
Kadi

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

6:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

9:00 PM Chole Tikki  
2 Cutlet (Sprouts + Veggies) [Grilled, Min Oil] + Ragda/ Chole (min oil)  
Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



24-04-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

**Week 3 - Day 6**

Mark tick/cross in

7:30 AM 1 Coconut water

9:00 AM 1 Mango + 10 Almonds

1:00 PM 1 Katori Curd + 1 Katori Rajma +Veggies

1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:30 PM 1 Slice/ Cube Cheese

6:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

9:00 PM Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



24-04-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

## Week 3 - Day 7

Mark tick/cross in

7:30 AM

1 Coconut water

9:00 AM

1 Mango + 10 Almonds

1:00 PM

2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

4:30 PM

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

6:30 PM

1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

9:00 PM

2 Phulka  
1 Katori Aamras

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**