

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

## Week 4 - Day 1

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

7:30 AM    Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM    1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

1:00 PM    Salad  
2 Phulka  
Sabji  
Dal

4:30 PM    8 Almonds (Eat One At A Time, Chew Well)

6:30 PM    1 Glass Milk + 1 tbsp Chia seeds

9:00 PM    Salad  
2 Stuffed Roti  
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.**



06-05-23

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Week 4 - Day 2

Mark tick/cross in

7:30 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

1:00 PM Salad  
1.5 Katori Rice  
Black Dal

4:30 PM Buttermilk

6:30 PM 1 Katori Chana Chor [+ Lemon + Veggies]

9:00 PM Palak Soup  
2-3 Oats + Besan Chilla + Onion

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 3

Mark tick/cross in

7:30 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM

1½ katoris upma [made of oats/ sevaiya + veggies]

1:00 PM

2 Phulka  
Chole  
Salad

4:30 PM

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

6:30 PM

2 Rasgullas (Completely squeeze out syrup)

9:00 PM

2 Phulka  
Cabbage And Peas Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Week 4 - Day 4

Mark tick/cross in

7:30 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

1:00 PM Salad  
2 Phulka  
Sabji  
Palak Dal

4:30 PM Buttermilk

6:30 PM 1 Glass Milk + 1 tbsp Chia seeds

9:00 PM Grilled Paneer - 80g  
Saute veggies  
1/2 katori Rice

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 4 - Day 5**

Mark tick/cross in

7:30 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM 1 Mango + 10 Almonds

1:00 PM 1.5 Katori Rice  
Paneer with mix veg Sabji

4:30 PM Buttermilk

6:30 PM 1 Katori Chana Chor [+ Lemon + Veggies]

9:00 PM 2 Palak Roti  
Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 4 - Day 6**

Mark tick/cross in

7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

1:00 PM 2 Phulka  
Sabji  
Buttermilk

4:30 PM 8 Almonds (Eat One At A Time, Chew Well)

6:30 PM 2 Rasgullas (Completely squeeze out syrup)

9:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Week 4 - Day 7

Mark tick/cross in

7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 1 Glass Milk + 1 tbsp Chia seeds

1:00 PM Salad + 2 tsp seeds (sauf/ til seeds/ melon seeds/ flax seeds)

2 Phulkas

Sabji

4:30 PM Buttermilk

6:30 PM 1 Katori Chana Chor [+ Lemon + Veggies]

9:00 PM Saute Veggies

+ 1 katori Chole

+ 3 tsp Mixseeds (sunflower/ flax/ til/ sauf/ melon)

+ 1 Katori Herbed Rice

Mention total in day



Exercise

(in min)

Water

(in litres)



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