

Weight: 120kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 9 - Day 1

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

8:00 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

9:30 AM 2 Eggs + veggies

11:30 AM 8 Almonds (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Chicken

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM 2 Katori Khichadi with Veggies

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 9 - Day 2

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 1 Multigrain Bread
+ 1 Slice Bacon/ Cheese

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad
2 Phulka
Paneer with Veggies

5:30 PM Murmura + ½ Katori Roasted Chana

8:30 PM Salad / Soup
2 Phulka
Sabji

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 9 - Day 3

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 2 Eggs + veggies

11:30 AM 8 Almonds (Eat One At A Time, Chew Well)

2:00 PM 2 Phulka
Cabbage Peas Sabji
Dal

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Grilled Chicken
Saute veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 9 - Day 4

Mark tick/cross in

8:00 AM

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

9:30 AM

1 Besan chilla [+ cucumber/ lauki]
1 tbsp Curd

11:30 AM

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

2:00 PM

2 Phulka
Sabji
kadi
Salad

5:30 PM

Murmura + ½ Katori Roasted Chana

8:30 PM

1 Katori Spaghetti
Tomato Basil Sauce (or any vegetable gravy)
Saute veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 9 - Day 5

Mark tick/cross in

8:00 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

9:30 AM 1 Multigrain Bread
+ 1 Slice Bacon/ Cheese

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM 1 Glass Milk
+ 1 tbsp chia seeds
+ 1 Fruit

5:30 PM Murmura + ½ Katori Roasted Chana

8:30 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 9 - Day 6

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:30 AM 8 Almonds (Eat One At A Time, Chew Well)

2:00 PM 1/2 katori Rice
+ Saute veggies/ Raw veggies
'+ Chicken

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 9 - Day 7

Mark tick/cross in

8:00 AM

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

9:30 AM

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

11:30 AM

Tulsi tea (boil tulsi leaves in water)

2:00 PM

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

5:30 PM

Murmura + ½ Katori Roasted Chana

8:30 PM

1 Katori Rice
Fish
Saute veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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