

Weight: 83 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

Week 1 - Day 1

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

8:30 AM 20g Raisins (Eat One At A Time, Chew Well)

10:30 AM 1 Multi Grain Bread + 2 Eggs

1:30 PM Salad
1.5 katori Rice
Palak Dal

4:30 PM Roasted Makhana

7:30 PM 2 Katori Khichadi with Veggies

10:30 PM 1 Glass Milk

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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

B) Refer General Guidelines.



17-05-23

Weight: 83 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 1 - Day 2

Mark tick/cross in

8:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:30 AM 1 Multi Grain Bread + 2 Eggs

1:30 PM Salad
1.5 Katori Rice
Paneer with Mix Veggies

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

7:30 PM 1 Katori Rice
Fish
Saute veggies

10:30 PM 1 Glass Water + 1 tbsp chia seeds
+ rose essence [optional]

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 1 - Day 3

Mark tick/cross in

8:30 AM 20g Raisins (Eat One At A Time, Chew Well)

10:30 AM 1 Katori Upma [+ Veggies]

2 Eggs

1:30 PM 2 Phulka

Cabbage Peas Sabji
Dal

4:30 PM Roasted Makhana

7:30 PM Free Meal!

10:30 PM Nil

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 1 - Day 4

Mark tick/cross in

8:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:30 AM 1 Multi Grain Bread + 2 Eggs

1:30 PM Salad
1.5 katori Rice
Rajma

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

7:30 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

10:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 1 - Day 5

Mark tick/cross in

8:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:30 AM 1 Multi Grain Bread + 2 Eggs

1:30 PM 1.5 Katori Rice
Sambar [with lots of veggies]

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

7:30 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

10:30 PM 1 Glass Water + 1 tbsp chia seeds
+ rose essence [optional]

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross in

8:30 AM 20g Raisins (Eat One At A Time, Chew Well)

10:30 AM 1 katori poha [+ beans, carrot, onion, peas etc.]
2 Eggs

1:30 PM 1 Katori Rice (herbed)
+ Saute veggies/ Raw veggies
'+ Grilled Chicken

4:30 PM Roasted Makhana

7:30 PM Salad
1.5 katori Rice
Onion Tomato Lauki Dal

10:30 PM 1 Glass Milk

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross in

8:30 AM 20g Raisins (Eat One At A Time, Chew Well)

10:30 AM 1 veg. uttapam [+ tomatoes, onions]
sambhar/chutney

1 Egg

1:30 PM 2-3 Idlis

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

4:30 PM Roasted Makhana

7:30 PM 1 Katori Spaghetti
Tomato Basil Sauce (or any vegetable gravy)
Saute veggies

10:30 PM 1 Glass Water + 1 tbsp chia seeds
+ rose essence [optional]

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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