

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

**Week 5 - Day 1**

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

7:30 AM    4 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

1:00 PM    Salad  
2 Phulka  
Paneer Sabji

4:30 PM    Ginger juice + Honey (each 1 tsp)

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

9:00 PM    2 Phulka  
Cabbage And Peas Sabji

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.**



26-05-23

Weight: 83.8 kg

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Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 2

Mark tick/cross in

7:30 AM 3 tsp black til seeds

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

1:00 PM Steamed/ Grilled Veggies

2 katoris Curd Rice

4:30 PM Lemon & Mint Water

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM Salad

2 Phulka

Sabji

Cucumber Raita

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 5 - Day 3

Mark tick/cross in

7:30 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Missi roti [methi/ corainder leaves + 50% besan/ ragi]

1:00 PM Salad  
1 Millet roti  
Sabji  
Dal

4:30 PM Ginger juice + Honey (each 1 tsp)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 1 ½ Katori Sprouts with tadka  
Sauted Veggies  
Curd + Herbs for dressing

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Week 5 - Day 4

Mark tick/cross in

7:30 AM 3 tsp black til seeds

9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

1:00 PM Salad  
1.5 Katori Rice  
Chole

4:30 PM Lemon & Mint Water

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

9:00 PM Grilled Paneer  
Saute veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 5 - Day 5**

Mark tick/cross in

7:30 AM 3 tsp black til seeds

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

1:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

2 Phulka  
Sabji

4:30 PM Ginger juice + Honey (each 1 tsp)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 5 - Day 6**

Mark tick/cross in

7:30 AM

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

9:00 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

1:00 PM

Saute Veggies

1 Katori Hummus

2 Falafel Grilled [Can have wrapped in a lettuce]

4:30 PM

Lemon & Mint Water

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)



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Week 5 - Day 7

Mark tick/cross in

7:30 AM 3 tsp black til seeds

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

1:00 PM 2 Phulka

Corn Palak Sabji

1 Katori Whole Moong

4:30 PM Lemon & Mint Water

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Dosa

Mix sabji with aloo

Sambar chutney

Mention total in day



Exercise

(in min)

Water

(in litres)



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