

Weight: 81.5 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

Week 2 - Day 1

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

8:30 AM 4 Dates (Eat Half At A Time, Chew Well)

10:30 AM 2 Eggs + veggies

1:30 PM Salad
1 Katori Rice
Paneer Sabji

4:30 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM 2 Phulka
Cabbage And Peas Sabji

10:30 PM 1 Mango

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.



26-05-23

Weight: 81.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 2 - Day 2

Mark tick/cross in

8:30 AM 1 Coconut water

10:30 AM 1½ Katori poha [+ beans, carrot, capsicum, peas etc.]

1 Egg

1:30 PM Steamed/ Grilled Veggies

2 katoris Curd Rice

4:30 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM Salad

1 Katori Rice

Black Dal

10:30 PM 30-40g Cheese [Any]

1 Fruit

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 2 - Day 3

Mark tick/cross in

8:30 AM 1 Coconut water

10:30 AM 1 Missi roti [methi/ corainder leaves + 50% besan/ ragi]

1:30 PM Salad
1 Katori Rice
Sabji
Dal

4:30 PM Murmura + 1/2 Katori Roasted Chana

7:30 PM Saute Veggies
1 Katori Hummus
2 Falafel Grilled [Can have wrapped in a lettuce]

10:30 PM 1 Mango

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 4

Mark tick/cross in

8:30 AM 4 Dates (Eat Half At A Time, Chew Well)

10:30 AM 2 Eggs + veggies

1:30 PM Salad
1 Katori Rice
Chole

4:30 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM Salad
1 Katori Rice
Cucumber Raita

10:30 PM 30-40g Cheese
1 Fruit

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 5

Mark tick/cross in

8:30 AM 4 Dates (Eat Half At A Time, Chew Well)

10:30 AM 1 Katori Sprouts [+ Veggies; Raw or half cooked]
1 Egg

1:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
2 Katori Veg Pulav

4:30 PM Murmura + ½ Katori Roasted Chana

7:30 PM Grilled Chicken
Saute veggies

10:30 PM 1 Mango

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 6

Mark tick/cross in

8:30 AM 1 Coconut water

10:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

1:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

4:30 PM 30g Coconut (grated or 2" x 2" Piece)

7:30 PM Free Meal!

10:30 PM Nil

Mention total in day



Exercise
(in min)

Water
(in litres)



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26-05-23

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Week 2 - Day 7

Mark tick/cross in

8:30 AM 4 Dates (Eat Half At A Time, Chew Well)

10:30 AM 2 Eggs + veggies

1:30 PM 1 Katori Rice
Sambar (Add Any Gourd Vegetable Like Dudhi/Turia/Pumpkin)

4:30 PM Murmura + ½ Katori Roasted Chana

7:30 PM 2 Dosa
Mix sabji with aloo
Sambar chutney

10:30 PM 30-40g Cheese
1 Fruit

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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