



Weight: 80.5 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

**Week 3 - 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)  |
| <input type="checkbox"/> |  |
| 10:30 AM                 | 1½ katoris upma [made of oats/ sevaiya + veggies]<br>1 Egg   |
| <input type="checkbox"/> |  |
| 1:30 PM                  | Salad<br>1 Katori Rice<br>Sabji<br>Buttermilk  |
| <input type="checkbox"/> |  |
| 4:30 PM                  | 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)<br>No sugar/ jaggery to be added |
| <input type="checkbox"/> |  |
| 7:30 PM                  | 1/2 katori Rice<br>+ Saute veggies/ Raw veggies<br>'+ Chicken/ Cheese<br>'+ 5-6 Almonds            |
| <input type="checkbox"/> |  |
| 10:30 PM                 | Fruit Smoothie / Bowl<br>Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds       |
| <input type="checkbox"/> |  |

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.**



03-06-23

Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

## Week 3 - Day 2

Mark tick/cross in

8:30 AM 1 Coconut water

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

1 Egg

1:30 PM Salad

1 Katori Rice  
Palak Dal

4:30 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

7:30 PM 1 Katori Boiled Noodles

+ Saute veggies  
(can also have like a soup)

10:30 PM 2 Rasgullas (Completely squeeze out syrup)

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.**



03-06-23

Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

**Week 3 - Day 3**

Mark tick/cross in

8:30 AM 1 Coconut water

10:30 AM 1 Bread  
1 Egg + veggies

1:30 PM Salad  
1 katori Rice  
Rajma

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

7:30 PM Salad  
2 Stuffed Roti [Palak/ Methi]  
Kadi

10:30 PM Fruit Smoothie / Bowl  
Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

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.**



03-06-23

Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

## Week 3 - 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  
Paneer Sabji

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

7:30 PM Mix Veg. Soup (Not Strained)  
2 Katori Palak Khichadi

10:30 PM 2 Rasgullas (Completely squeeze out syrup)

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.**



03-06-23

Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

## Week 3 - Day 5

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  
Thai green Curry

4:30 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

7:30 PM 2 Moong dal chilla (+ lauki/Cucumber)  
onion tomato chutney

10:30 PM 2 Rasgullas (Completely squeeze out syrup)

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.**



03-06-23

Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 6

Mark tick/cross in

8:30 AM 1 Coconut water

10:30 AM 1 Bread  
1 Egg + veggies

1:30 PM 1 Katori Rice  
Cucumber Raita

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

7:30 PM Free Meal!!

10:30 PM Nil

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.



03-06-23

Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 3 - 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 Salad  
1 Millet roti  
Sabji  
Dal

4:30 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

7:30 PM Soup  
3-4 Slices Thin Crust Pizza (Mushroom/ Chicken/ Paneer)

10:30 PM Fruit Smoothie / Bowl  
Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

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.**