

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

**Week 6 - Day 1**

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

7:30 AM    5 Cashewnuts (Eat One At A Time, Chew Well)

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

1:00 PM    Salad  
2 Phulka  
Sabji  
Buttermilk

4:30 PM    Dal Water with tadka

6:30 PM    40 g Cheese  
1 Fruit

9:00 PM    1/2 katori Rice  
+ Saute veggies/ Raw veggies  
'+ Cheese  
'+ 5-6 Almonds

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.**



03-06-23

Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 6 - Day 2

Mark tick/cross in

7:30 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

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

1:00 PM Salad  
2 Phulka  
Sabji  
Dal

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

9:00 PM 1 Katori Boiled Noodles  
+ Saute veggies  
(can also have like a soup)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 6 - Day 3**

Mark tick/cross in

7:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM

Salad

1 katori Rice

Rajma

4:30 PM

Dal Water with tadka

6:30 PM

40 g Cheese

1 Fruit

9:00 PM

Salad

2 Stuffed Roti [Palak/ Methi]

Kadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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**Week 6 - Day 4**

Mark tick/cross in

7:30 AM

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

9:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM

Salad

2 Phulka

Paneer Sabji

4:30 PM

Dal Water with tadka

6:30 PM

Hot Chocolate (Home Made)

[Milk + 1 tbsp Chocolate syrup]

9:00 PM

Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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**Week 6 - Day 5**

Mark tick/cross in

7:30 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

9:00 AM 2 besan chilla [+ cucumber/ lauki]

1:00 PM 1 Katori Rice  
Thai green Curry  
1 Katori Aamrus

4:30 PM Tulsi tea (boil tulsi leaves in water)

6:30 PM 40 g Cheese  
1 Fruit

9:00 PM Cucumber And cabbage Salad  
2 moong dal chilla (+ carrot)  
onion tomato chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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03-06-23

Weight: 83.8 kg

Name: Hina

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Height: 162 Cms

**Week 6 - Day 6**

Mark tick/cross in

7:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM

2 Phulka

Sabji

Cucumber Raita

4:30 PM

Dal Water with tadka

6:30 PM

1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

9:00 PM

Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



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**Week 6 - Day 7**

Mark tick/cross in

7:30 AM

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

9:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM

Salad

1 Millet roti

Sabji

Dal

4:30 PM

Tulsi tea (boil tulsi leaves in water)

6:30 PM

Hot Chocolate (Home Made)

[Milk + 1 tbsp Chocolate syrup]

9:00 PM

Soup

3 Slices Thin Crust Pizza (Mushroom/ Chicken/ Paneer)

Mention total in day



Exercise

(in min)

Water

(in litres)



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