

Name- Mr. Vikas Saxena
Week- 11

Date - 25/05/2024
Weight- 72.24 kg

6.00 am On waking up – 1 glass of warm water + 1 tsp flax seeds + ½ tsp ginger powder + 1/2 tsp of cinnamon powder + 2 soaked almonds + 1 anjeer + 1 walnut (soaked overnight)

7.30-8.30 am-Breakfast :

- 1-2 moong dal chilla with pudina chutney + 3 egg whites

11.00- 11.30 am – 1 glass buttermilk+ 5 curry leaves

1.00-2:00 pm-Lunch –

- 1 bowl salad or sauteed veggies + 1-2 moong dal chilla with pudina chutney or 3 egg white + 1 whole egg (omlet or bodied) (any one) + 1 glass buttermilk

3.00 pm – 1 glass chia seed lemon water

5.00 pm – –Green tea with a dash of lemon + 1 Apple or pear + 1 tsp pumpkin seeds [unsalted]

6-6.30: 1 Katori Roasted Makhana or chana

7-8 pm --- Brisk walk or Exercise 45 min

8.15-8.30 pm-Dinner – (as early as possible)

- 1 bowl sauteed veggies + 1 bowl moong dal - pumpkin soup + 1 glass buttermilk – 3 days
- 1 bowl chicken clear soup or tomato soup + 3 egg whites + 1 whole egg (omlet or bodied) + 1 glass buttermilk – 4 days

11.00 pm- ½ tsp nutmeg + ½ tsp cinnamon powder + 1 glass warm water

Target – 71-71.5 kg