

15

TUESDAY

2014

APRIL

105-260 Wk 16

2014

Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

Piyush goyal.

- ⁸ 8 hour sound sleep regular
- ⁹ eat on time don't skip your meal
- ¹⁰ 3 lit water daily intake
- ¹¹ check weight.

¹²
6:00 → warm water (without brush)
drink 1 glass of water at seating

¹
²
7:00 → After drink with workout exercise

³
⁴
8:00 → take fiber (1 tablet) with one glass of water

⁵
8:00 → Breakfast (drink shake) after drink
shake drink little water if want

⁶
9:00 → cellulose (1 tablet) with water.

Always drink 1 glass water with any
nutrition.

NOTES

2014
Mon
Tue
Wed
Thu
Fri
Sat
Sun

MAY

	5	12	19	26
Mon	6	13	20	27
Tue	7	14	21	28
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Sun				31

2014

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WEDNESDAY

11:30 → Mid morning snack - Mar hare

fruits
fruits juice
Veggi Juice
Soup
Sprout
dry fruits
Nutmeg

Eat anything but less quantity one bowl.

12:30 - 1 glass of water (with 1 fiber)

1:00 - 2:00 pm - (salad / dahi / 2 roti / sabji / dal)

option → Multigrain roti + sabji + salad

• Veg pulaw + curd

• Soya curry + roti + salad

• Panner sabji + 2 roti + salad

• Rajma / chole / black channa

any

All type of vegetable with roti

NOTES

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2014

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THURSDAY

2014

Mon		7	14	21	28
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8 If you want to eat rice eat only 1 bowl rice skip chapati

2.30 → Cellulose with 1 glass water

10 5.00 → Evening snack - boil channay

11 Mummure Chat
12 corn chat
Makhane Chat

1 6.00 → Afresh with exercise session join

3 7.00 → take fiber with 1 glass water

5 8.30 → shake in break dinner.

6 If you feel hungry than eat a little

7 dahiya

Oats

Khichdi

Sabji + roti

vegi soup

NOTES

drink water before sleep

2014

Mon

Tue

Wed

Thu

Fri

Sat

Sun

MAY

5 12 19 26

6 13 20 27

7 14 21 28

8 15 22 29

9 16 23 30

10 17 24 31

11 18 25

2014

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FRIDAY

recepts

Afresh →

1 glass hot water with 1 spoon
Afresh powder.

Spoon inside the bottle

shake →

150 ml water - Normal temp.
150 ml milk. - Normal temp.8 spoon shake (spoon inside the
bottle)

mix in mixer/shaker (8 1 min)

than drink.