

Weight Loss Diet and Activity Plan - Mrutyunjaya

WEEK 1								
Day	Exercise 7:00 AM	Breakfast 8:00 AM	Salad 11:45 PM	Lunch 12:30 PM	Dinner 6:30 PM	Dinner 8:30 PM	Detox Drinks	Intermittent Fasting
Monday	Lower Body Focus	Paneer Bhurji	Kachumbar Salad	Lunch	Moong Dal Soup	-	-	-
Tuesday	Upper Body Focus		Sprouted Moong Salad	Lunch	Palak Tofu Stir-fry	Moong Dal Chilla	-	16:8 (8:30pm - 12:30pm)
Wednesday	Cardio and Core	Masala Oats	Carrot and Beetroot Salad	Lunch	Chickpea Salad	-	-	-
Thursday	Active Recovery and Flexibility	Lemon Water Detox	Cabbage and Carrot Slaw	Peanut Butter Banana Smoothie	Aloe Vera Juice	-	Detox Day	-
Friday	Full Body Strength	Besan Chilla	Green Gram (moong) Salad	Lunch	Lentil & Vegetable Stew	-	-	-
Saturday	HIIT		Avocado and Cucumber Salad	Lunch	Grilled Paneer Tikka	Egg Bhurji	-	16:8 (8:30pm - 12:30pm)
Sunday	Rest or light walk	Sprouts Salad	Tomato and Onion Salad	Lunch	Quinoa Upma	-	-	-

Notes

Exercise: The exercises alternate between cardio, strength training, and flexibility workouts like yoga and Pilates. HIIT (High-Intensity Interval Training) is included for intense cardio sessions.

Meals: Breakfasts focus on balanced energy sources (proteins and healthy carbs). Lunches are often salads or wraps for a light but nutritious option. Dinners include a variety of proteins and vegetables.

Detox: One day a week is designated for light detox, either through green juices or smoothies, herbal teas, and lighter meals.

Intermittent Fasting: Fasting follows a 16:8 pattern, meaning 16 hours of fasting and an 8-hour eating window, generally from 12 pm to 8 pm.

For 1-on-1 Consultation, Please book my calendar through the link below

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WEEK 2								
Day	Exercise 7:00 AM	Breakfast 8:00 AM	Salad 11:45 PM	Lunch 12:30 PM	Dinner 6:30 PM	Dinner 8:30 PM	Detox Drinks	Intermittent Fasting
Monday	Lower Body Focus	Palak Moon Dal Spinach	Cucumber and Mint Salad	Lunch	Kale Chana Salad	-	-	-
Tuesday	Upper Body Focus		Bean Sprout Salad	Lunch	Besan Chilla	Soya Kheema	-	16:8 (8:30pm - 12:30pm)
Wednesday	Cardio and Core	Ragi (Finger Millet) Idli	Cucumber and Dill Salad	Lunch	Methi Dal	-	-	-
Thursday	Active Recovery and Flexibility	Turmeric Detox Drink	Spiced Carrot Salad	Green Protein Smoothie	Apple Cider Vinegar Detox Drink	-	Detox Day	-
Friday	Full Body Strength	Tofu Bhurji	Radish Salad	Lunch	Spicy Sprouts Chaat	-	-	-
Saturday	HIIT		Methi Sprout Salad	Lunch	Pumpkin & Lentil Soup	Sattu Paratha	-	16:8 (8:30pm - 12:30pm)
Sunday	Rest or light walk	Mixed Dal Dosa	Cucumber and Tomato Salad	Lunch	Stuffed Capsicum	-	-	-

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WEEK 3								
Day	Exercise 7:00 AM	Breakfast 8:00 AM	Salad 11:45 PM	Lunch 12:30 PM	Dinner 6:30 PM	Dinner 8:30 PM	Detox Drinks	Intermittent Fasting
Monday	Lower Body Focus	Ragi Dosa	Okra Salad	Lunch	Oats Khichdi	-	-	-
Tuesday	Upper Body Focus		Cucumber and Sesame Salad	Lunch	Vegetable Raita	Sprouts Dosa	-	16:8 (8:30pm - 12:30pm)
Wednesday	Cardio and Core	Methi Thepla	Peanut and Carrot Salad	Lunch	Cabbage & Peas Stir-fry	-	-	-
Thursday	Active Recovery and Flexibility	Watermelon Detox Water	Masala Corn Salad	Date and Almond Smoothie	Coconut Water Detox	-	Detox Day	-
Friday	Full Body Strength	Ragi Porridge	Spiced Carrot Salad	Lunch	Tofu Bhurji	-	-	-
Saturday	HIIT		Black Eyed Pea Salad	Lunch	Masoor Dal Soup	Egg Paratha	-	16:8 (8:30pm - 12:30pm)
Sunday	Rest or light walk	Ragi Malt	Cucumber and Dill Salad	Lunch	Cucumber & Mint Raita	-	-	-

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Monday	Lower Body Focus	Soy Milk Smoothie	Spiced Carrot Salad	Lunch	Mixed Lentil Salad	-	-	-
Tuesday	Upper Body Focus		Peanut and Carrot Salad	Lunch	Chana Dal Chutney	Quinoa Uttapam	-	16:8 (8:30pm - 12:30pm)
Wednesday	Cardio and Core	Soya Upma	Bean Sprout Salad	Lunch	Zucchini Boats	-	-	-
Thursday	Active Recovery and Flexibility	Cranberry Detox Drink	Sprout Moong Salad	Blueberry Oatmeal Smoothie	Dandelion Tea Detox	-	Detox Day	-
Friday	Full Body Strength	Chana Chat	Tomato and Onion Salad	Lunch	Vegetable Stew	-	-	-
Saturday	HIIT		Methi Sprout Salad	Lunch	Tomato & Cucumber Salad	Chikpea Omlette	-	16:8 (8:30pm - 12:30pm)
Sunday	Rest or light walk	Rajma Cutlet	Cabbage and Carrot Slaw	Lunch	Spinach & Chickpea Soup	-	-	-

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