

Dear Sarthak! Here is your personalised diet plan.

Monday





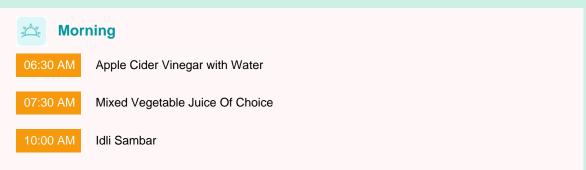


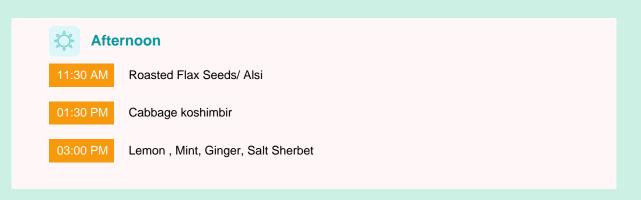




Dear Sarthak! Here is your personalised diet plan.

Tuesday





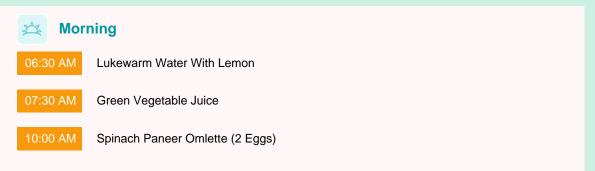


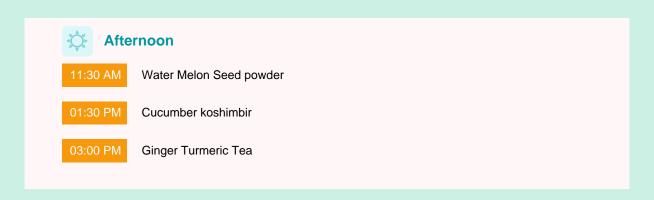




Dear Sarthak! Here is your personalised diet plan.

Wednesday











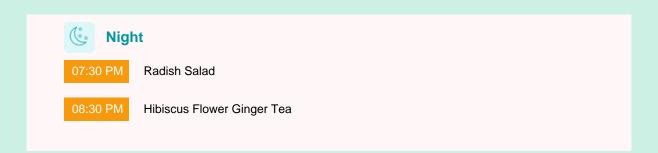
Dear Sarthak! Here is your personalised diet plan.

Thursday





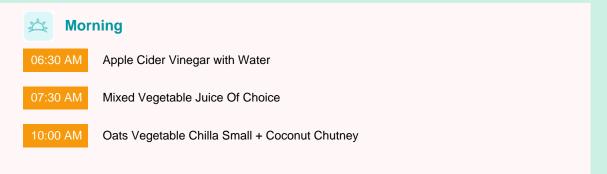






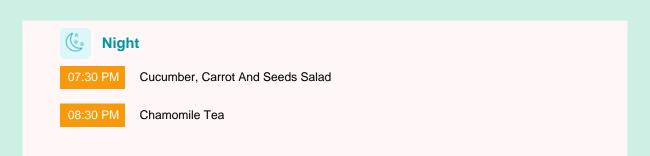
Dear Sarthak! Here is your personalised diet plan.

Friday





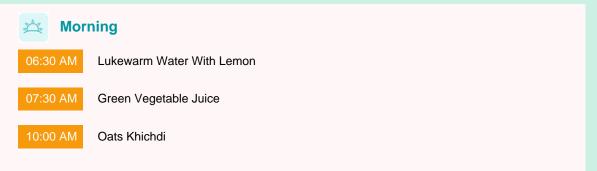






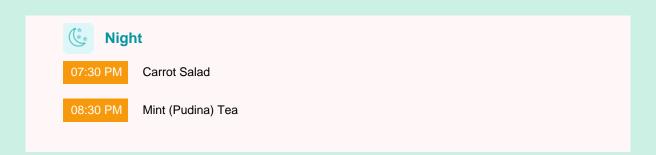
Dear Sarthak! Here is your personalised diet plan.

Saturday











Dear Sarthak! Here is your personalised diet plan.

Sunday



