

Weight: 76.3 kg Name: Aayushi Age: 33 Yrs Height: 161 Cms

Week 13 - Day 1

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

9:00 AM 1 stuffed roti [palak/ methi/ coriander]

11:00 AM 20g Raisin (Eat One At A Time, Chew Well)

1:30 PM 1 Phulka
Cabbage And Peas Sabji

5:00 PM Murmura + ½ Katori Roasted Chana

8:00 PM Salad
1 Phulka
Matar Paneer

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
5-10-22

A) If need be diet plan days can be interchanged within a week.

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

7/9/2022

Weight: 76.3 kg

Name: Aayushi

Age: 33 Yrs

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Week 13 - Day 2

Mark tick/cross i

9:00 AM 1 besan chilla [+ cucumber/ lauki]

11:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM Salad + Sprouts

1 Phulka

Sabji

5:00 PM Saute Peas with onion

8:00 PM 3-4 Grilled Vegetable Tikki with aloo

(use non- stick pan, 1 tsp oil)

Green Chutney

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 13 - Day 3

Mark tick/cross in

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

11:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM 1 Katori Curd + 1 Katori Rajma +Veggies
1 Phulka
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

5:00 PM Murmura + ½ Katori Roasted Chana

8:00 PM Salad + 1 Katori Peanuts
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 13 - Day 4

Mark tick/cross i

9:00 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

11:00 AM

20g Raisin (Eat One At A Time, Chew Well)

1:30 PM

Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

5:00 PM

Saute Peas with onion

8:00 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 13 - Day 5

Mark tick/cross in

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

11:00 AM 20g Raisin (Eat One At A Time, Chew Well)

1:30 PM 1 Phulka
Chole
Cucumber Raita

5:00 PM Murmura + ½ Katori Roasted Chana

8:00 PM Salad
1 Millet roti
Sabji
Dal

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 13 - Day 6

Mark tick/cross i

9:00 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

11:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM 1 Phulka
Paneer with Mix Veg.

5:00 PM Saute Peas with onion

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 13 - Day 7

Mark tick/cross in

9:00 AM 2 Idlis + sambar chutney

11:00 AM 20g Raisin (Eat One At A Time, Chew Well)

1:30 PM Salad
1 Katoris Rice
Rajma

5:00 PM Murmura + 1/2 Katori Roasted Chana

8:00 PM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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