

Weight: 70 kg Name: Neha Age: 36Yrs Height: 147 Cms

Week 3 - Day 1

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

8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM 1 Coconut water

1:00 PM 2 Phulka

Sabji

Dal

4:00 PM 2 tsp roasted Sauf

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Cucumber And Tomato Salad
2 Katori Matar Pulav (1 Katori Peas)
Dal Fry (+ onions & tomatoes)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
13-09-22

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

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

7/10/2022

Weight: 70 kg

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Week 3 - Day 2

Mark tick/cross i

8:30 AM 1.5 katori Upma + Veggies

10:30 AM Buttermilk

1:00 PM Salad + 1 Katori Rajma + Curd
1 Phulka
Sabji

4:00 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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13-09-22

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7/10/2022

Weight: 70 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Week 3 - Day 3

Mark tick/cross in

8:30 AM ½ Katori Sprouts [+ Veggies; Raw or half cooked]

4 pcs Dhokla

10:30 AM 1 Coconut water

1:00 PM 2 Palak Roti

Curd

4:00 PM 2 tsp roasted Sauf

6:30 PM Saute Peas with onion

8:30 PM 1-2 Veg. Uttapam (With Capsicums, Tomatos, Onion)

2 Katori Sambar (Add Any Gourd Vegetable Like
Dudhi/Turia/Pumpkin)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Weight: 70 kg

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Week 3 - Day 4

Mark tick/cross in

8:30 AM 1 stuffed roti [peas/ dal]

10:30 AM Buttermilk

1:00 PM Salad
1.5 Katori Rice
Chole

4:00 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji
Dal

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 5

Mark tick/cross in

8:30 AM 1 Coriander Stuffed Roti

10:30 AM Buttermilk

1:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

4:00 PM 1 Glass Water + 1 tbsp chia seeds

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 6

Mark tick/cross in

8:30 AM 1½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 1 Coconut water

1:00 PM Salad
2 Phulka
Sabji
Dal

4:00 PM 2 tsp roasted Sauf

6:30 PM Saute Peas with onion

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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13-09-22

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7/10/2022

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Week 3 - Day 7

Mark tick/cross in

8:30 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM

1 Coconut water

1:00 PM

2 Katoris Khichadi

with lots of veggies and tadka
+ 1 tsp ghee (from top)

4:00 PM

1 Glass Water + 1 tbsp chia seeds

6:30 PM

Saute Peas with onion

8:30 PM

Saute/Tossed Salad

(Bell Peppers + Tomatoes + Paneer (6 Pcs.) + Cucumber + Zucchini)

Mention total in day



Exercise
(in min)

Water
(in litres)



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