

Weight: 78 kg      Name: Saniya      Age: 16 Yrs      Height: 155 Cms

**Week 9 - Day 1**

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

Night 8pm to 8am      Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM      2 Fruits

12:30 PM      Salad  
2 Phulka  
Sabji  
Dal

4:30 PM      Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

7:00 PM      2 Dosa  
Sambar chutney

Mention total in day

 **Exercise**  
(in min)

**Water**  
(in litres) 

Program Expiry  
21-03-22

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

**B) Refer General Guidelines.**



20-08-22

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Week 9 - Day 2

Mark tick/cross in

Night 8pm to 8am  
Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM  
 Roasted Makhana

12:30 PM  
 Salad  
2 Phulka  
Paneer Peas Sabji

4:30 PM  
 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

7:00 PM  
 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
21-03-22

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Sneha Fafat

www.snehafafat.com

20-08-22

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**Week 9 - Day 3**

Mark tick/cross in

Night 8pm to 8am  
Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

12:30 PM  
  
Salad  
1 ½ Katoris Rice  
1 Katori Rajma

4:30 PM  
  
Paneer Salad ( Paneer (6 Pcs.) + Veggies)

7:00 PM  
  
2 Moong dal chilla (+ Lauki/carrot)  
onion tomato chutney

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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21-03-22

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## Week 9 - Day 4

Mark tick/cross in

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

2 Fruits

12:30 PM

2 Phulka  
Cabbage And Peas Sabji  
Dal

4:30 PM

Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

7:00 PM

Mix Veg. Soup (Not Strained)  
2 Katori Palak Khichadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 9 - Day 5**

Mark tick/cross in

Night 8pm to 8am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
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8:30 AM <input type="checkbox"/>	Roasted Makhana
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12:30 PM <input type="checkbox"/>	Salad 2 Phulkas Chole
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4:30 PM <input type="checkbox"/>	4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)
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7:00 PM <input type="checkbox"/>	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
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Mention total in day

	Exercise (in min)
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	Water (in litres)
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**Week 9 - Day 6**

Mark tick/cross in

Night 8pm to 8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

Pop-Corn

12:30 PM

Salad  
1 ½ Katoris Rice  
Black Dal

4:30 PM

Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

7:00 PM

Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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21-03-22

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**Week 9 - Day 7**

Mark tick/cross in

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:30 PM

Salad  
1 Millet roti  
Sabji  
Dal

4:30 PM

Paneer Salad ( Paneer (6 Pcs.) + Veggies)

7:00 PM

Salad  
2 Phulkas  
Besan/ Dal

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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21-03-22

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