

Weight: 72.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

Week 3 - Day 1

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

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 2 besan chilla [+ cucumber/ lauki]

12:00 PM Salad
2 Phulka
Palak Sabji
Dal

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
08-11-22

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

B) Refer General Guidelines.



9/1/2022

Weight: 72.5 kg

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Age: 28Yrs

Height: 160 Cms

Week 3 - Day 2

Mark tick/cross :

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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

12:00 PM Salad
2 Phulka
Sabji with peas

3:30 PM Dal Water

5:30 PM 1 Katori Boiled Peanuts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
08-11-22

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9/1/2022

Weight: 72.5 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Week 3 - Day 3

Mark tick/cross in

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 2 Idlis Chutney

12:00 PM Salad
1.5 Katori Rice
Chole

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM 2 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
08-11-22

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Sneha Fafat

www.snehafafat.com

9/1/2022

Weight: 72.5 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Week 3 - Day 4

Mark tick/cross in

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM Salad
2 katoris Cabbage rice
Palak raita (1 katori curd + blanched spinach)

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:30 PM 1 Katori Boiled Peanuts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM 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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Week 3 - Day 5

Mark tick/cross in

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 1 Onion roti/ thalipith

12:00 PM Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

3:30 PM Dal Water

5:30 PM 1 Katori Boiled Peanuts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM 1 Khakra + Little Aloo + Veggies + Curd (like sev puri)
1 Plate Pani Puri

Mention total in day



Exercise
(in min)

Water
(in litres)



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08-11-22

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9/1/2022

Weight: 72.5 kg

Name: Payal

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Height: 160 Cms

Week 3 - Day 6

Mark tick/cross i

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

12:00 PM Salad
2 Phulka
Sabji
Dal

3:30 PM Dal Water

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
08-11-22

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9/1/2022

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Week 3 - Day 7

Mark tick/cross in

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:00 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:30 PM 1 Katori Boiled Peanuts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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08-11-22

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