

Weight: 74.7 kg      Name: Anjali      Age: 59Yrs      Height: 152 Cms

**Week 8 - Day 1**

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

6:40 AM      4 Dates (Eat Half At A Time, Chew Well)

8:30 AM      1 Katori Peanuts [boiled/ roasted]

10:30 AM      Ginger juice + Honey (each 1 tsp)

1:00 PM      2 Phulka

Sabji  
Dal

5:00 PM      Murmura (+ Veggies + Green Chutney)

8:00 PM      2 Palak roti  
Cucumber Raita ( Made of 1 Katori Curd)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
05-10-22

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

**B) Refer General Guidelines.**



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Name: Anjali

Age: 59Yrs

Height: 152 Cms

## Week 8 - Day 2

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1 methi thepla

10:30 AM Buttermilk

1:00 PM Salad  
2 Phulkas  
Matar Paneer

5:00 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

8:00 PM Clear Vegetable Soup  
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 8 - Day 3

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM Ginger juice + Honey (each 1 tsp)

1:00 PM 2 Phulka  
Sabji  
Buttermilk

5:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)  
1 Phulka  
Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 8 - Day 4

Mark tick/cross :

6:40 AM 4 Dates (Eat Half At A Time, Chew Well)

8:30 AM 2-3 Eggs + veggies

10:30 AM Buttermilk

1:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

5:00 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

8:00 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 8 - Day 5

Mark tick/cross in

6:40 AM 4 Dates (Eat Half At A Time, Chew Well)

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM Buttermilk

1:00 PM 2 Phulka  
Chole

5:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM 2-3 Moong dal chilla (+lauki)  
Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
05-10-22

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# Sneha Fafat

www.snehafafat.com

9/21/2022

Weight: 74.7 kg

Name: Anjali Age: 59Yrs Height: 152 Cms

## Week 8 - Day 6

Mark tick/cross in

- |                          |  |
|--------------------------|--|
| 6:40 AM                  | 1 Tsp Methi Seeds (soaked)             |
| <input type="checkbox"/> |  |
| 8:30 AM                  | 1 Katori Peanuts [boiled/ roasted]     |
| <input type="checkbox"/> |  |
| 10:30 AM                 | Ginger juice + Honey (each 1 tsp)      |
| <input type="checkbox"/> |  |
| 1:00 PM                  | Salad (Carrot + Radish +Other Veggies) |
| <input type="checkbox"/> | 2 Stuffed Lauki Roti                   |
|                          | Kadi                                   |
| 5:00 PM                  | Murmura (+ Veggies + Green Chutney)    |
| <input type="checkbox"/> |  |
| 8:00 PM                  | Free Meal!!                            |
| <input type="checkbox"/> |  |

Mention total in day

 **Exercise**  
(in min)

**Water**  
(in litres) 

Program Expiry  
05-10-22

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Sneha Fafat

www.snehafafat.com

9/21/2022

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**Week 8 - Day 7**

Mark tick/cross :

6:40 AM 4 Dates (Eat Half At A Time, Chew Well)

8:30 AM 2-3 Eggs + veggies

10:30 AM Ginger juice + Honey (each 1 tsp)

1:00 PM 2 Stuffed Roti (Cauliflower)  
1 Katori dahi + veggies

5:00 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

8:00 PM Radish and Cucumber Salad  
1 ½ Katoris Rice  
1 Katori Rajma

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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05-10-22

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