

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 1 (tues)

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

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM Nil

5:00 PM Nil

7:00 PM Nil

9:30 PM
Salad + 1 Katori Chana
2 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
-12-22

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

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

9/26/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 2 (wed)

Mark tick/cross :

Night 9pm to afternoon 1 Pm
 Lemon water [or]
 Mint water [or]
 sauf water [or] Cinnamon water [or]
 Green Tea

2:00 PM

 Salad
 2 Phulka
 Sabji
 Buttermilk

5:00 PM

 2 Eggs + veggies

7:00 PM

 1 Slice/ Cube Cheese
 1 Fruit

9:30 PM

 3-4 Idlis
 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
 Chutney

Mention total in day

 Exercise
 (in min)

Water
 (in litres) 

Program Expiry
-12-22

- A) If need be diet plan days can be interchanged within a week.
- B) **Refer General Guidelines.**



Sneha Fafat

www.snehafafat.com

9/26/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 3 (thrus)

Mark tick/cross i

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM Nil

5:00 PM Nil

7:00 PM Nil

9:30 PM
1 Katori Peanuts + Salad
2 Phulka
Sabji with paneer

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
-12-22

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B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

9/26/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 4

Mark tick/cross :

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM

2 Phulka
Cabbage And Peas Sabji

5:00 PM

Murmura (+ 1 Tbsp Peanuts)

7:00 PM

1 Glass Milk Shake (1 Small Banana, No Sugar)

9:30 PM

Grilled Chicken
1 Millet Roti
Sabji
Kadi/ Dal

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
-12-22

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Sneha Fafat

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9/26/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 5

Mark tick/cross :

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM
 2 Phulkas
Paneer with Mix Veg.

5:00 PM
 2 Eggs + veggies

7:00 PM
 1 Glass Milk Shake (1 Small Banana, No Sugar)

9:30 PM
 2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
Dal

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
-12-22

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B) Refer General Guidelines.



Sneha Fafat

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9/26/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 6

Mark tick/cross :

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

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

5:00 PM
Murmura (+ 1 Tbsp Peanuts)

7:00 PM
1 Slice/ Cube Cheese
1 Fruit

9:30 PM
Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
-12-22

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Sneha Fafat

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9/26/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 1 - Day 7

Mark tick/cross :

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM

Salad
2 Katori Veg. Pulav
Chole

5:00 PM

2 Eggs + veggies

7:00 PM

1 Glass Milk Shake (1 Small Banana, No Sugar)

9:30 PM

3 Moong dal chilla (+lauki)
Green Chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
-12-22

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B) Refer General Guidelines.