

Weight: 73.8 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 10 - Day 1

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

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

5:00 PM 1 Glass Water + 1 tbsp chia seeds

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
05-10-22

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

B) Refer General Guidelines.



Weight: 73.8 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 10 - Day 2

Mark tick/cross :

6:40 AM Ajwain & Sauf Water (boiled)

8:30 AM 1 onion roti/ thalipith

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM Salad +4 Pcs Paneer

2 Phulka

Sabji

5:00 PM 1 Glass Milk (No Sugar)

8:00 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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Week 10 - Day 3

Mark tick/cross in

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 1 Dosa
chutney

10:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM 2 Phulka
Sabji
Dal

5:00 PM 1 Glass Water + 1 tbsp chia seeds

8:00 PM Salad + 6-7 Paneer
2 Phulkas
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 10 - Day 4

Mark tick/cross :

6:40 AM Ajwain & Sauf Water (boiled)

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

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM 2 Phulka
Cabbage And Peas Sabji

5:00 PM 1 Glass Milk (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
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Week 10 - Day 5

Mark tick/cross in

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 1 Stuffed roti [cauliflower/ cabbage]

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM 2 Phulkas
Paneer with Mix Veg.

5:00 PM 1 Glass Water + 1 tbsp chia seeds

8:00 PM 2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
05-10-22

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Sneha Fafat

www.snehafafat.com

9/27/2022

Weight: 73.8 kg

Name: Anjali Age: 59Yrs Height: 152 Cms

Week 10 - Day 6

Mark tick/cross i

6:40 AM Ajwain & Sauf Water (boiled)

8:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

5:00 PM 1 Glass Milk (No Sugar)

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
05-10-22

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Sneha Fafat

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9/27/2022

Weight: 73.8 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 10 - Day 7

Mark tick/cross :

6:40 AM

Ajwain & Sauf Water (boiled)

8:30 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM

10 Pistachionuts (Eat One At A Time, Chew Well)

1:00 PM

Salad

2 Katori Veg. Pulav

Chole

5:00 PM

1 Glass Milk (No Sugar)

8:00 PM

2 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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