

Weight: 71.5 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Week 2 - Day 1

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

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

10:30 AM Buttermilk

12:45 PM 2 Phulka
Sabji
1 Katori Palak Dal

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:15 PM 1 Fruit
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
15-12-22

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

B) Refer General Guidelines.



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Week 2 - Day 2

Mark tick/cross in

8:30 AM 1 stuffed roti [palak/ methi/ coriander]

10:30 AM 1 Fruit

12:45 PM Salad
2 Phulka
Chole

3:30 PM 2 Anjir (Eat Half At A Time, Chew Well)

6:15 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

9:00 PM 2 Phulka
Cabbage And Peas Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 3

Mark tick/cross :

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM Buttermilk

12:45 PM 2 Phulka
Paneer Sabji

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:15 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

9:00 PM 2 Dosa
Mix sabji with aloo
Sambar chutney

Mention total in day

 Exercise
(in min)

Water 
(in litres)

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Week 2 - Day 4

Mark tick/cross :

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

10:30 AM 1 Fruit

12:45 PM Salad
2 Phulka
Palak Sabji

3:30 PM 2 Anjir (Eat Half At A Time, Chew Well)

6:15 PM 1 Fruit
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 5

Mark tick/cross :

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

10:30 AM 1 Fruit

12:45 PM 1.5 katori Rice
Onion Tomato Dal
Salad

3:30 PM 2 Anjir (Eat Half At A Time, Chew Well)

6:15 PM 1 Fruit
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 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 2 - Day 6

Mark tick/cross :

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

10:30 AM Buttermilk

12:45 PM 2 Phulka
Methi Matar Sabji

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:15 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
15-12-22

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Sneha Fafat

www.snehafafat.com

10/3/2022

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Week 2 - Day 7

Mark tick/cross in

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM Buttermilk

12:45 PM 1 Stuffed roti (peas)
Tomato Chutney

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:15 PM 1 Fruit
+ 1 tbsp Peanut Butter/Handful of peanuts

9:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

Mention total in day

 Exercise
(in min)

Water 
(in litres)

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15-12-22

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