

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - 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
1 Phulka
Sabji
2 Katori 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.



Sneha Fafat

www.snehafafat.com

10/3/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 2 (wed)

Mark tick/cross in

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
Chole

5:00 PM

1 Slice/ Cube Cheese

7:00 PM

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

9:30 PM

2 Phulka
Cabbage And Peas Sabji

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.



Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - 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
 Grilled Chicken
 Saute veggies
 1 Dosa
 sambar chutney

Mention total in day

 Exercise
 (in min)

Water
 (in litres) 

Program Expiry
15 -12-22

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B) Refer General Guidelines.



Sneha Fafat

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10/3/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 4

Mark tick/cross in

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
Palak Sabji

5:00 PM

1 Fruit

7:00 PM

1 Katori Peanuts [boiled/ roasted]

9:30 PM

2 Stuffed Roti (capsicum + paneer - 2 tsp)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
15 -12-22

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B) Refer General Guidelines.



Sneha Fafat

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10/3/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 5

Mark tick/cross in

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

2:00 PM

1.5 katori Rice
Onion Tomato Dal
Salad

5:00 PM

1 Fruit

7:00 PM

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

9:30 PM

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

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.



Sneha Fafat

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10/3/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 6

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

2 Phulka
Methi Matar Sabji

5:00 PM

1 Slice/ Cube Cheese

7:00 PM

Saute Peas with onion

9:30 PM

Free Meal!!

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.**



Sneha Fafat

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10/3/2022

Weight: 88 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 7

Mark tick/cross in

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

2:00 PM

1 Stuffed roti (peas)
Tomato Chutney

5:00 PM

1 Fruit

7:00 PM

1 Katori Peanuts [boiled/ roasted]

9:30 PM

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

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
15 -12-22

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B) Refer General Guidelines.