

Weight: 72 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Week 3 - Day 1

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

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

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

12:45 PM 2 Phulka
Sabji
Buttermilk

3:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:15 PM 1 Slice/ Cube Cheese

9:00 PM 2 katoris Cabbage rice
Palak raita (1 katori curd + blanced spinach)

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

10/11/2022

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Week 3 - Day 2

Mark tick/cross :

8:30 AM 2 besan chilla [+ cucumber/ lauki]

10:30 AM 2 tsp roasted Sauf

12:45 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

3:30 PM 1 Fruit

6:15 PM 1 Slice/ Cube Cheese

9:00 PM 2 Phulkas
Paneer with Mix Veg.

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 3

Mark tick/cross :

8:30 AM

2 Idlis
Chutney

10:30 AM

8 Almonds (Eat One At A Time With Skin, Chew Well)

12:45 PM

1 Phulka
Sabji
Dal

3:30 PM

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

6:15 PM

Raita [1 Katori Curd + Veggies]

9:00 PM

2 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 4

Mark tick/cross :

8:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

10:30 AM 2 tsp roasted Sauf

12:45 PM 2 Phulka
Cabbage And Peas Sabji

3:30 PM 1 Fruit

6:15 PM 1 Slice/ Cube Cheese

9:00 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 3 - Day 5

Mark tick/cross :

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

10:30 AM 2 tsp roasted Sauf

12:45 PM Salad
2 Stuffed Lauki Roti
Kadi

3:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:15 PM Raita [1 Katori Curd + Veggies]

9:00 PM Steamed/ Grilled Veggies
2 katoris Curd Rice

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 6

Mark tick/cross :

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

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

12:45 PM Salad
2 Phulkas
Matar Paneer

3:30 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:15 PM 1 Slice/ Cube Cheese

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
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Week 3 - Day 7

Mark tick/cross :

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

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

12:45 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

3:30 PM 1 Fruit

6:15 PM Raita [1 Katori Curd + Veggies]

9:00 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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15-12-22

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