

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 1 (tues)

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

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm 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

1 katori Cabbage rice

Palak raita (1 katori curd + blanced spinach)

Exercise total in day



(in minutes)

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

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 2 (wed)

Mark tick/c

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM 2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

5:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

7:00 PM Roasted Makhana

9:30 PM 2 Phulkas

Paneer with Mix Veg.

Exercise total in day



(in minutes)

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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10/11/2022

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 3 (thrus)

Mark tick/c

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Nil

5:00 PM Nil

7:00 PM Nil

9:30 PM 3 Phulka

Methi Matar Sabji

Calorie total in day



Exercise
(min)

Water

(in litres)

Program Expiry

15 -12-22

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Sneha Fafat

www.snehafafat.com

10/11/2022

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 4

Mark tick/c

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM 2 Phulka

Cabbage And Peas Sabji

5:00 PM 2 Eggs

7:00 PM 2 Rasgullas (Completely squeeze out syrup)

9:30 PM Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry

15 -12-22

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Sneha Fafat

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10/11/2022

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 5

Mark tick/c

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Salad

2 Stuffed Lauki Roti

Kadi

5:00 PM 2 Eggs

7:00 PM Roasted Makhana

9:30 PM Steamed/ Grilled Veggies

2 katoris Curd Rice

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry

15 -12-22

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Sneha Fafat

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10/11/2022

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 6

Mark tick/c

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Salad

2 Phulkas

Matar Paneer

5:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

7:00 PM Roasted Makhana

9:30 PM Free Meal!!

Exercise total in day



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

Weight: 88.8 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 3 - Day 7

Mark tick/c

Night 9pm Lemon water [or]

to afternoon Mint water [or]

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM 2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

5:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

7:00 PM 2 Rasgullas (Completely squeeze out syrup)

9:30 PM Grilled Chicken

Saute Veggies

Exercise total in day



(in minutes)

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.