

Weight: 106 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

Week 1 - Day 1

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

7:00 AM 1 Banana (take Small bites, chew well)

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:30 AM 1 Coconut water

2:00 PM Phulka
Sabji
Buttermilk

5:30 PM Murmura + 1 Katori Roasted Chana

8:30 PM Cabbage rice
Palak raita (1 katori curd + blanced spinach)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-01-23

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

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

10/12/2022

Weight: 106 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

Week 1 - Day 2 Fri

Mark tick/cross :

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

11:30 AM 1 Coconut water

2:00 PM Salad
Rice
Chole [shud be more than rice]

5:30 PM Roasted Makhana

8:30 PM Grilled Chicken
Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross :

7:00 AM 1 Banana (take Small bites, chew well)

9:00 AM 2 Idlis
Chutney

11:30 AM 1 Glass Buttermilk [+ Coriander/Pudina]

2:00 PM Phulka
Sabji
Dal [more]

5:30 PM Murmura + 1 Katori Roasted Chana

8:30 PM 2 Phulka
Methi Matar Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 4

Mark tick/cross :

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

11:30 AM 1 Coconut water

2:00 PM Phulka
Cabbage And Peas Sabji

5:30 PM Roasted Makhana

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross :

7:00 AM 20g Raisin (Eat One At A Time, Chew Well)

9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM 1 Coconut water

2:00 PM Salad
Stuffed Gobi Roti
Kadi

5:30 PM Roasted Makhana

8:30 PM Mix Veg. Soup (Not Strained)
Veg Khichadi [Palak puree + Other veggies]

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross in

7:00 AM 1 Banana (take Small bites, chew well)

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:30 AM 1 Glass Buttermilk [+ Coriander/Pudina]

2:00 PM Salad
Phulka
Matar Paneer

5:30 PM Murmura + 1 Katori Roasted Chana

8:30 PM Steamed/ Grilled Veggies
Curd Rice

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
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Week 1 - Day 7

Mark tick/cross in

7:00 AM 1 Banana (take Small bites, chew well)

9:00 AM 2 Eggs + veggies

11:30 AM 1 Glass Buttermilk [+ Coriander/Pudina]

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

5:30 PM Murmura + 1 Katori Roasted Chana

8:30 PM Grilled Chicken
Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-01-23

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