

Weight: 115 kg Name: Sarang Age: 19 Yrs Height: 180 Cms

Week 1 - Day 1

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

5:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:30 PM Salad + Sprouts + Curd

2 Phulka
Sabji

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

Mention total in day

 **Exercise**
(in min)

 **Water**
(in litres)

Program Expiry
12-01-23

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

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

10/15/2022

Weight: 115 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

Week 1 - Day 2

Mark tick/cross :

5:30 AM

1 Coconut water

8:30 AM

2 besan chilla [+ cucumber/ lauki]

11:00 AM

Pani Puri Water (only water)

1:30 PM

Salad

2 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

5:00 PM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM

Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

2 Phulka

Sabji

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
12-01-23

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10/15/2022

Weight: 115 kg

Name: Sarang Age: 19 Yrs

Height: 180 Cms

Week 1 - Day 3

Mark tick/cross :

5:30 AM 1 Coconut water

8:30 AM 2 Idlis
Sambar Chutney

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:30 PM Fresh Methi Salad + Sprouts
2 Phulka
Sabji

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2-3 Moong dal chilla (+lauki) + cheese 1 cube
Green Chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 1 - Day 4

Mark tick/cross in

5:30 AM

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

8:30 AM

1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

11:00 AM

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

1:30 PM

Salad (+ moth sprouts)
2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

5:00 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 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)

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Week 1 - Day 5

Mark tick/cross in

5:30 AM

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

8:30 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:00 AM

Pani Puri Water (only water)

1:30 PM

2 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)

5:00 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM

Radish and Cucumber Salad

2 Onion roti

1 Katori Curd + Veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 1 - Day 6

Mark tick/cross :

5:30 AM

1 Coconut water

8:30 AM

1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:00 AM

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

1:30 PM

2 Phulkas

Palak Sabji

1 Katori Whole Moong

5:00 PM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM

Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross :

5:30 AM

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

8:30 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:00 AM

Pani Puri Water (only water)

1:30 PM

2 Phulkas
Paneer with Mix Veg.

5:00 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM

3-4 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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