

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

1 Phulka

Sabji

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

10/18/2022

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 Salad

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

Sabji

Dal/ Kadi

5:00 PM 5 Pcs. Walnuts + 5 Almonds (Eat One At A Time, Chew Well)

7:00 PM Saute Peas with onion

9:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

2 Phulka

Sabji

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry

15 -12-22

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Sneha Fafat

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10/18/2022

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 Salad + 1 Egg

2-3 Moong dal chilla (+lauki)

Green Chutney

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry

15 -12-22

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Sneha Fafat

www.snehafafat.com

10/18/2022

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 Salad (+ moth sprouts)

2 Phulkas

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

5:00 PM 5 Pcs. Walnuts + 5 Almonds (Eat One At A Time, Chew Well)

7:00 PM 1 Katori Boiled / Roasted Chana

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

9:30 PM 2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

Exercise total in day



Water

(in litres)

Program Expiry

15 -12-22

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Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 2 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)

5:00 PM 1 Coconut water

7:00 PM Saute Peas with onion

9:30 PM Grilled Chicken

Saute veggies

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry

15 -12-22

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Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 2 Phulkas

Palak Sabji

1 Katori Whole Moong

5:00 PM 5 Pcs. Walnuts + 5 Almonds (Eat One At A Time, Chew Well)

7:00 PM Saute Peas with onion

9:30 PM Free Meal!!

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry

15 -12-22

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Sneha Fafat

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10/18/2022

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 4 - 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 Phulkas

Paneer with Mix Veg.

5:00 PM 1 Coconut water

7:00 PM 1 Katori Boiled / Roasted Chana

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

9:30 PM 2-3 Idlis

2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)

Chutney

Exercise total in day



Exercise

(in min)

Water

(in litres)

Program Expiry

15 -12-22

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B) Refer General Guidelines.