

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 5 - Day 1 (wed)

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 1.5 Katori Rice

Palak Dal

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

7:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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

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.



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Week 5 - Day 2 (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 Saute/Tossed Salad

Grilled Chicken

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry
15-12-22

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Sneha Fafat

www.snehafafat.com

11/1/2022

Weight: 86.9 kg

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Week 5 - Day 3

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

Rajma

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

7:00 PM 1 Katori Boiled / Rosted Chana

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

9:30 PM 2-3 Idlis

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

Chutney

Calories total in day



(in minutes)

Water

(in litres)

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Week 5 - 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

Matar Paneer

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

7:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:30 PM 2 Katori Palak Khichadi

Exercise total in day



(in minutes)

Water

(in litres)

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Week 5 - 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 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

7:00 PM 1 Katori Boiled / Rosted Chana

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

9:30 PM Clear Vegetable Soup

2 Katoris Oats Upma (+ mix veggies)

Exercise total in day



(in minutes)

Water

(in litres)

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Week 5 - 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 (Carrot + Radish +Other Veggies)

2 Stuffed Lauki Roti

Kadi

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

7:00 PM 1 Katori Boiled / Rosted Chana

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

9:30 PM Free Meal!!

Exercise total in day



(in
min)

Water

(in litres)

Program Expiry
15 -12-22

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Week 5 - Day 7 (Tues)

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 2 Palak Roti
1 Katori Veg. Khichadi
Cabbage soup

Exercise total in day



(in minutes)

Water

(in litres)

Program Expiry
15-12-22

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