

Weight: 73 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 13 - Day 1

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

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 2 Eggs + veggies

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Katori Rice
Palak Dal

5:00 PM Saute Peas with onion

8:00 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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

B) Refer General Guidelines.



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Week 13 - Day 2

Mark tick/cross :

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

10:30 AM Dal Water

1:00 PM 1 Katori Rice
Chole
Salad

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

8:00 PM Saute/Tossed Salad
(Bell Peppers + Tomatoes + Paneer (6 Pcs.) + Cucumber + Zucchini)
5 -6 Dhoklas

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 13 - Day 3

Mark tick/cross :

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

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

10:30 AM

Tulsi tea (boil tulsi leaves in water)

1:00 PM

1 Phulka
Rajma

5:00 PM

Saute Peas with onion

8:00 PM

2-3 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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Sneha Fafat

www.snehafafat.com

11/2/2022

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Week 13 - Day 4

Mark tick/cross :

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 2 besan chilla [+ cucumber/ lauki]

10:30 AM Dal Water

1:00 PM 1 Phulka
Matar Paneer

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

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 13 - Day 5

Mark tick/cross :

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 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 Clear Vegetable Soup
2 Katoris Oats Upma (+ mix veggies)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 13 - Day 6

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

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

10:30 AM

Dal Water

1:00 PM

Salad (Carrot + Radish +Other Veggies)
1 Stuffed Lauki Roti
Kadi

5:00 PM

Saute Peas with onion

8:00 PM

2 Katori Palak Khichadi

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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11/2/2022

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Week 13 - Day 7

Mark tick/cross :

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 2 Eggs + veggies

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM 1 Palak roti
Cucumber Raita (Made of 1 Katori Curd)

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

8:00 PM 2 Katoris Veg. Khichadi
Cabbage soup

Mention total in day



Exercise
(in min)

Water
(in litres)



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