

Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

**Week 1 - Day 1**

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

9:00 AM 2 Eggs + veggies

11:30 AM Buttermilk

2:00 PM 2 Phulka

Sabji  
Palak Dal

5:30 PM Murmura + 1/2 Katori Peanuts (+ Veggies + Green Chutney)

8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

1 Phulka  
Sabji

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**



Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

## Week 1 - Day 2

Mark tick/cross :

9:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:30 AM 1 Coconut water

2:00 PM 1 Katori Rice  
Chole  
Salad

5:30 PM Murmura + 1/2 Katori Peanuts (+ Veggies + Green Chutney)

8:30 PM Saute/Tossed Salad  
+ Paneer (6 Pcs.)  
1 Phulka  
Sabji

10:30 PM 20g Raisin (Eat One At A Time, Chew Well)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**



Sneha Fafat

www.snehafafat.com

11/6/2022

Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

**Week 1 - Day 3**

Mark tick/cross :

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

11:30 AM Buttermilk

2:00 PM 2 Phulkas  
Rajma

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM 2-3 Idlis  
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

10:30 PM 20g Raisin (Eat One At A Time, Chew Well)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**



Sneha Fafat

www.snehafafat.com

11/6/2022

Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

**Week 1 - Day 4**

Mark tick/cross :

9:00 AM 2 besan chilla [+ cucumber/ lauki]

11:30 AM 1 Coconut water

2:00 PM 2 Phulka  
Matar Paneer

5:30 PM Murmura + 1/2 Katori Peanuts (+ Veggies + Green Chutney)

8:30 PM 2 Katori Palak Khichadi

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**



# Sneha Fafat

www.snehafafat.com

11/6/2022

Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

## Week 1 - Day 5

Mark tick/cross :

9:00 AM 2 Eggs + veggies

11:30 AM 1 Coconut water

2:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM Clear Vegetable Soup  
2 Katoris Oats Upma (+ mix veggies)

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**



Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

## Week 1 - Day 6

Mark tick/cross :

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

11:30 AM Buttermilk

2:00 PM 2 Stuffed Lauki Roti  
Kadi

5:30 PM Murmura + 1/2 Katori Peanuts (+ Veggies + Green Chutney)

8:30 PM Free Meal!!

10:30 PM 20g Raisin (Eat One At A Time, Chew Well)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**



Sneha Fafat

www.snehafafat.com

11/6/2022

Weight: 85 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

**Week 1 - Day 7**

Mark tick/cross :

9:00 AM 2 Eggs + veggies

11:30 AM Buttermilk

2:00 PM 2 Palak roti  
Cucumber Raita ( Made of 1 Katori Curd)

5:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:30 PM 2 Katoris Veg. Khichadi  
Cabbage soup

10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
31-01-23

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

**B) Refer General Guidelines.**