

Weight: 73 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 14 - 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

1 Katori Chole [+Onion, Coriander]

10:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM

1 Phulka

Sabji

1 Katori Palak Dal

5:00 PM

2 Eggs + veggies

8:00 PM

2 Moong dal chilla (+ carrot/Cabbage)
onion tomato chutney

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.



Sneha Fafat

www.snehafafat.com

11/9/2022

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Week 14 - Day 2

Mark tick/cross :

6:40 AM 2 tsp roasted Sauf

8:30 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

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

1:00 PM 1 Phulka
Methi Matar Sabji

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 14 - Day 3

Mark tick/cross :

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

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

10:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM

1 Phulkas
Paneer with Mix Veg.

5:00 PM

2 Eggs + veggies

8:00 PM

Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 14 - Day 4

Mark tick/cross :

6:40 AM 2 tsp roasted Sauf

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

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad

1 Onion roti / thalipith
1 Katori Curd + Veggies

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM 2-3 Millet Chilla (50% Besan+ 50% any millet flour)
+ Dudhi
Tomato Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 14 - Day 5

Mark tick/cross :

6:40 AM 2 tsp roasted Sauf

8:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Radish and Cucumber Salad

1 Katoris Rice

Black Dal

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM 2 Palak roti

Cucumber Raita (Made of 1 Katori Curd)

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 14 - Day 6

Mark tick/cross :

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 Glass Milk Shake (+ Fruit, No Sugar)

10:30 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM

Salad (Carrot + Radish +Other Veggies)

1 Stuffed Lauki Roti

Kadi

5:00 PM

2 Eggs + veggies

8:00 PM

Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 14 - Day 7

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 stuffed roti [peas/ dal]

10:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM

Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
1 Phulka
Sabji

5:00 PM

2 Eggs + veggies

8:00 PM

Soup/ Salad
3 Slices Pizza [paneer/chicken]

Mention total in day



Exercise
(in min)

Water
(in litres)



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