

Weight: 104 kg

Name: Mayur

Age: 31 Yrs

Height: 177 Cms

**Week 3 - Day 1**

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

9:00 AM 1 Katori Chole [+Onion, Coriander]

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM 2 Phulka  
Sabji  
1 Katori Palak Dal

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:30 PM 2 Moong dal chilla (+ carrot/Cabbage)  
onion tomato chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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

**B) Refer General Guidelines.**



Sneha Fafat

www.snehafafat.com

11/13/2022

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**Week 3 - Day 2**

Mark tick/cross :

9:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulka  
Methi Matar Sabji

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Salad  
2 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 3 - Day 3**

Mark tick/cross :

9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM 2 Phulka  
Sabji  
Dal

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:30 PM 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)  
Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 3 - Day 4**

Mark tick/cross :

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

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM Salad  
2 Onion roti / thalipith  
1 Katori Curd + Veggies

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Grilled Chicken  
Salad/ Saute veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 3 - Day 5**

Mark tick/cross :

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

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM Radish and Cucumber Salad  
1.5 Katoris Rice  
Black Dal

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:30 PM 2 Palak roti  
Cucumber Raita ( Made of 1 Katori Curd)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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**Week 3 - Day 6**

Mark tick/cross in

9:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM 2 Stuffed Lauki Roti  
Kadi

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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**Week 3 - Day 7**

Mark tick/cross in

9:00 AM 1 stuffed roti [peas/ dal]

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM 2 Phulka  
Rajma Sabji

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:30 PM Soup/ Salad  
3 Slices Pizza [paneer/chicken]

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-01-23

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