

Weight: 84.5 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 2 - 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 Anjir (Eat Half At A Time, Chew Well)

2:00 PM 2 Phulka
Sabji
1 Katori Palak Dal

5:30 PM 2 Eggs + veggies

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

10:30 PM 1 Fruit

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: 84.5 kgs

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Week 2 - Day 2

Mark tick/cross :

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

11:30 AM 20g Raisin (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
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

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

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
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Sneha Fafat

www.snehafafat.com

11/13/2022

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Week 2 - Day 3

Mark tick/cross :

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

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

2:00 PM 2 Phulkas
Paneer with Mix Veg.

5:30 PM 2 Eggs + veggies

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

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
31-01-23

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Week 2 - Day 4

Mark tick/cross :

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

11:30 AM 20g Raisin (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 2-3 Millet Chilla (50% Besan+ 50% any millet flour)
+ Dudhi
Tomato Chutney

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 5

Mark tick/cross in

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

11:30 AM 20g Raisin (Eat One At A Time, Chew Well)

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

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

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

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
31-01-23

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Sneha Fafat

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Week 2 - Day 6

Mark tick/cross :

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

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

2:00 PM Salad (Carrot + Radish +Other Veggies)
2 Stuffed Lauki Roti
Kadi

5:30 PM 2 Eggs + veggies

8:30 PM Free Meal!!

10:30 PM 1 Fruit

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
31-01-23

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Week 2 - Day 7

Mark tick/cross i

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

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

2:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
2 Phulka
Sabji

5:30 PM 2 Eggs + veggies

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

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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