

Weight: 86.5 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 1 - Day 1

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

7:30 AM 1 Fruit

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

11:30 AM Dal Water

2:00 PM 2 Phulka
Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:30 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
2-02-23

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

B) Refer General Guidelines.



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Week 1 - Day 2

Mark tick/cross :

7:30 AM Tulsi tea (boil tulsi leaves in water)

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

11:30 AM 1 Coconut water

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Free Meal!!

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 3

Mark tick/cross :

7:30 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

11:30 AM Dal Water

2:00 PM 2 Phulka
Cabbage And Peas Sabji

6:00 PM 2 Eggs + veggies

8:30 PM 2 Phulkas
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Sneha Fafat

www.snehafafat.com

11/16/2022

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Week 1 - Day 4

Mark tick/cross :

7:30 AM 1 Fruit

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

11:30 AM Dal Water

2:00 PM 2 Stuffed roti (peas)
Tomato Chutney

6:00 PM 2 Eggs + veggies

8:30 PM Steamed/ Grilled Veggies
2 katoris Curd Rice

10:30 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 5

Mark tick/cross :

7:30 AM 1 Fruit

9:00 AM Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Coconut water

2:00 PM Salad

2 Phulkas

Matar Paneer

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:30 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 6

Mark tick/cross in

7:30 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:30 AM 1 Coconut water

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

6:00 PM 2 Eggs + veggies

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

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 1 - Day 7

Mark tick/cross in

7:30 AM 1 Fruit

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

11:30 AM Dal Water

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2 Dosa
Sambar chutney

10:30 PM 3 tsp black til seeds

Mention total in day



Exercise
(in min)

Water
(in litres)



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