

Weight: 72.5 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 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM Buttermilk

1:00 PM 1 Phulka  
Sabji

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

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.**



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## Week 14 - Day 2

Mark tick/cross :

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM 1 Coconut water

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

5:00 PM Saute Peas with onion

8:00 PM 1 Phulkas  
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 14 - Day 3

Mark tick/cross in

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

10:30 AM Buttermilk

1:00 PM 1 Phulka  
Cabbage And Peas Sabji

5:00 PM Saute Peas with onion

8:00 PM Steamed/ Grilled Veggies  
2 katoris Curd Rice

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 14 - Day 4

Mark tick/cross :

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

10:30 AM 1 Coconut water

1:00 PM 1 Stuffed roti (peas)  
Tomato Chutney

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

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 14 - Day 5**

Mark tick/cross :

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 1 Coconut water

1:00 PM Salad  
1 Phulka  
Matar Paneer

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2-3 Idlis  
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 14 - Day 6**

Mark tick/cross in

6:40 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Buttermilk

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

5:00 PM Saute Peas with onion

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 :

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

10:30 AM Buttermilk

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

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM 2 Dosa  
Sambar chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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