

Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 1

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

6:40 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM

2 besan chilla [+ cucumber/ lauki]

10:30 AM

Dal Water

1:00 PM

Salad

2 Phulka

Cababge Peas Sabji

5:00 PM

Roasted Makhana

8:00 PM

Mix Veg. Soup (Not Strained)

2 Katori Palak Khichadi

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

12/3/2022

Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 2

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM Fruit Smoothie / Bowl

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

10:30 AM Boil Ginger, mint in water and add lemon.

1:00 PM Salad

1 Katori Rice
Chole

5:00 PM Roasted Makhana

8:00 PM Saute Salad (Bell Peppers + Tomatoes + Cucumber + Zucchini)

Grilled Chicken

Mention total in day



Exercise
(in min)

Water
(in litres)



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25-101-23

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12/3/2022

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Week 17 - Day 3

Mark tick/cross :

6:40 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM

2 Eggs + veggies

10:30 AM

Boil Ginger, mint in water and add lemon.

1:00 PM

2 Phulka
Palak Paneer

5:00 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 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 17 - Day 4

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

10:30 AM

Dal Water

1:00 PM

1 Katori Rice
Black Dal
Salad

5:00 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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 17 - Day 5

Mark tick/cross in

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1 stuffed roti [palak/ methi/ coriander]

10:30 AM Boil Ginger, mint in water and add lemon.

1:00 PM Salad of choice

2 Phulkas

Matar Paneer

5:00 PM Roasted Makhana

8:00 PM 2 Moong dal chilla (+ carrot)

onion tomato chutney

Mention total in day



Exercise

(in min)

Water

(in litres)



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25-101-23

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Sneha Fafat

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12/3/2022

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Week 17 - Day 6

Mark tick/cross :

6:40 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM

Dal Water

1:00 PM

Fresh Methi Salad
2 Phulka
Sabji

5:00 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM

Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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Week 17 - Day 7

Mark tick/cross in

6:40 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM

1 methi thepla

10:30 AM

Boil Ginger, mint in water and add lemon.

1:00 PM

2 Stuffed Lauki Roti
Kadi

5:00 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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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