

Weight: 84.9 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 4 - Day 1

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

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

2:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

10:30 PM 1 Glass Milk

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.



Sneha Fafat

www.snehafafat.com

12/3/2022

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Week 4 - Day 2

Mark tick/cross in

7:30 AM Boil Ginger, mint in water and add lemon.

10:00 AM 2 Phulka
Methi Matar Malai (1 tsp Cream only)

2:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

6:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
1 Phulka
Sabji

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 4 - Day 3

Mark tick/cross in

7:30 AM

1 Tsp Methi Seeds (soaked)

10:00 AM

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

2:00 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

6:00 PM

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

8:30 PM

Salad
1 Millet roti
Sabji
Dal

10:30 PM

1 Glass Milk

Mention total in day



Exercise
(in min)

Water
(in litres)



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2-02-23

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12/3/2022

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Height: 170 Cms

Week 4 - Day 4

Mark tick/cross in

7:30 AM Boil Ginger, mint in water and add lemon.

10:00 AM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

2:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 2 Stuffed Lauki Roti
Kadi

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 4 - Day 5

Mark tick/cross in

7:30 AM Boil Ginger, mint in water and add lemon.

10:00 AM 2 Phulka
Cabbage And Peas Sabji

2:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM salad of choice
2 Phulkas
Corn Palak Sabji

10:30 PM 3 tsp black til seeds

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 4 - Day 6

Mark tick/cross in

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM Salad (+ 1 Katori Sprouts)

2 Phulka
Sabji

2:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Free Meal!!

10:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 4 - Day 7

Mark tick/cross in

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM Salad
1 Millet roti
Sabji
Dal

2:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

6:00 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Saute veggies
1 Katori Noodles (Boiled)
4-5 Pcs saute Paneer

10:30 PM 1 Glass Milk

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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