

Weight: 84.5 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 1

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

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

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Cababge Peas Sabji

5:30 PM 1 Katori Boiled / Roasted Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM 2 Katori Palak Khichadi

10:30 PM 1 Glass Milk (No Sugar)

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.



Sneha Fafat

www.snehafafat.com

12/5/2022

Weight: 84.5 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 2

Mark tick/cross :

9:00 AM 2 Eggs + veggies

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Katori Rice
Chole

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

8:30 PM 2 Phulka
Sabji

10:30 PM 3 tsp black til seeds

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.



Sneha Fafat

www.snehafafat.com

12/5/2022

Weight: 84.5 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 3

Mark tick/cross in

9:00 AM 2 Eggs + veggies

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulka
Palak Paneer

5:30 PM 1 Katori Boiled / Roasted Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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

10:30 PM 1 Glass Milk (No Sugar)

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.



Sneha Fafat

www.snehafafat.com

12/5/2022

Weight: 84.5 kgs

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 4

Mark tick/cross :

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

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM 1 Katori Rice

Dal

Salad

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

8:30 PM 2 Eggs

+ Saute Veggies

1 Phulka

Sabji

10:30 PM 3 tsp black til seeds

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

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 5

Mark tick/cross :

9:00 AM 1 stuffed roti [palak/ methi/ coriander]

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Phulkas
Matar Paneer

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

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

10:30 PM 1 Glass Milk (No Sugar)

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

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 6

Mark tick/cross :

9:00 AM 2 Eggs + veggies

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Fresh Methi Salad
2 Phulka
Sabji

5:30 PM 1 Katori Boiled / Roasted Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Free Meal!!

10:30 PM Nil

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

Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 7

Mark tick/cross :

9:00 AM 1 methi thepla

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Stuffed Lauki Roti
Kadi

5:30 PM 1 Katori Boiled / Roasted Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

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
31-01-23

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

B) Refer General Guidelines.