

Weight: 76.8 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

### Week 4 - Day 1

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

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

12:30 PM 1 Fruit

2:30 PM Salad  
2 Phulka  
Sabji  
Dal

6:00 PM 2 Eggs + veggies

9:00 PM 2 Palak roti  
Kadi

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
21-02-23

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

**B) Refer General Guidelines.**



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## Week 4 - Day 2

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

12:30 PM Buttermilk with tadka and pudina ginger

2:30 PM 1 Katori Rice  
Black Dal

6:00 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

9:00 PM Grilled Chicken  
Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 3

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

12:30 PM 1 Fruit

2:30 PM Salad  
2 Phulka  
Sabji  
Palak Dal

6:00 PM 2 Eggs + veggies

9:00 PM 1 Katori Rice  
Dal  
Salad + Sprouts

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 4

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Katori Boiled Chana  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

12:30 PM Buttermilk

2:30 PM 1 Katori Rice  
chole

6:00 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

9:00 PM 2 Pav [medium size]  
Bhaji [no Butter]

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 4 - Day 5

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

12:30 PM 1 Fruit

2:30 PM 2 Phulkas  
Paneer with Mix Veg.

6:00 PM 2 Eggs + veggies

9:00 PM salad  
2 Phulkas  
Corn Palak Sabji

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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21-02-23

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# Sneha Fafat

www.snehafafat.com

12/11/2022

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Age: 35 Yrs

Height: 170Cms

## Week 4 - Day 6

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 Idlis  
Sambar Chutney

12:30 PM 1 Fruit

2:30 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

6:00 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

9:00 PM 100g Grilled Paneer  
Saute veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
21-02-23

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# Sneha Fafat

www.snehafafat.com

12/11/2022

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## Week 4 - Day 7

Mark tick/cross :

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 2 Eggs + veggies

12:30 PM Buttermilk with tadka and pudina ginger

2:30 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)  
Raita (1 Katori Curd + Veggies)

6:00 PM Sprouts Bhel  
1 Katori Sprouts + Murmrua + veggies

9:00 PM 2 stuffed roti (peas)  
Tomato Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
21-02-23

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