

Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 18 - Day 1

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

6:40 AM 3 tsp black til seeds

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

10:30 AM 20g Raisin (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Phulka
Sabji
Dal

5:00 PM 2 Eggs + veggies

8:00 PM 2 Palak roti
Kadi

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

12/10/2022

Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 18 - Day 2

Mark tick/cross in

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 1 Fruit + 1 Dryfruit Laddu

10:30 AM 1 Slice/ Cube Cheese

1:00 PM 1 Katori Rice
Black Dal

5:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM 1 Katori Rice
Dal
Salad/ Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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Sneha Fafat

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12/10/2022

Weight: 72.3 kg

Name: Anjali

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Height: 152 Cms

Week 18 - Day 3

Mark tick/cross in

6:40 AM 3 tsp black til seeds

8:30 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

10:30 AM 1 Slice/ Cube Cheese

1:00 PM 1 Pav [medium size]
Bhaji [no Butter]

5:00 PM 1 Dryfruit Laddu

8:00 PM Free Meal!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Weight: 72.3 kg

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Week 18 - Day 4

Mark tick/cross :

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM 20g Raisin (Eat One At A Time, Chew Well)

1:00 PM 1 Katori Rice
chole

5:00 PM 1 Dryfruit Laddu

8:00 PM 1 Phulka
Sabji
Palak Dal
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 18 - Day 5

Mark tick/cross :

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 1 Fruit + 1 Dryfruit Laddu

10:30 AM 20g Raisin (Eat One At A Time, Chew Well)

1:00 PM 1 Phulkas
Paneer with Mix Veg.

5:00 PM 2 Eggs + veggies

8:00 PM Salad
1 Phulka
Corn Palak Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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Sneha Fafat

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12/10/2022

Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 18 - Day 6

Mark tick/cross in

6:40 AM

3 tsp black til seeds

8:30 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 AM

1 Slice/ Cube Cheese

1:00 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

5:00 PM

1 Dryfruit Laddu

8:00 PM

Grilled Chicken

Saute veggies

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

25-101-23

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Sneha Fafat

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12/10/2022

Weight: 72.3 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 18 - Day 7

Mark tick/cross in

6:40 AM 3 tsp black til seeds

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

2 Idlis
Sambar
Chutney

10:30 AM 1 Slice/ Cube Cheese

1:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM 1 Stuffed roti (peas)
Tomato Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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25-101-23

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Weight: 72.3 kg

Week 18 -

Mark tick/cross in

6:40 AM

8:30 AM

Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

10:30 AM

1:00 PM

5:00 PM

8:00 PM

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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- B) **Refer General Guidelines.**