

Weight: 82.9 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

### Week 3 - Day 1

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

10:00 AM

1 Katori Boiled Chana

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

1:00 PM

Salad

2 Phulka

Sabji

Dal

4:30 PM

1 Slice/ Cube Cheese

1 Fruit

8:00 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.**



Sneha Fafat

www.snehafafat.com

12/11/2022

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**Week 3 - Day 2**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

1:00 PM 1.5 Katori Rice  
Black Dal

4:30 PM 1 Glass Milk Shake (+ Fruit, No Sugar)

8:00 PM Grilled Chicken  
Veggies

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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12/11/2022

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**Week 3 - Day 3**

Mark tick/cross in

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

1:00 PM Salad  
2 Phulka  
Sabji  
Palak Dal

4:30 PM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 3 Eggs  
+ Saute Veggies  
1/2 Katori Rice

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 3 - Day 4**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

1:00 PM 1.5 Katori Rice  
chole

4:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM 2 Pav [medium size]  
Bhaji [no Butter]

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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**Week 3 - Day 5**

Mark tick/cross in

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

1:00 PM 2 Phulkas  
Paneer with Mix Veg.

4:30 PM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 3 Eggs  
+ Saute Veggies  
1/2 Katori Rice

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 3 - Day 6**

Mark tick/cross in

10:00 AM

2 Idlis  
Sambar Chutney

1:00 PM

Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

4:30 PM

1 Glass Milk Shake (+ Fruit, No Sugar)

8:00 PM

Free Meal!

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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21-02-23

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## Week 3 - Day 7

Mark tick/cross in

10:00 AM 2 Eggs + veggies

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

4:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 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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