

Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 1

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

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

2:00 PM Saute Peas with onion

6:00 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM 1 Katori Rice
Dal
Salad + Sprouts

10:30 PM 1 Fruit

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.



Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 2

Mark tick/cross :

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM Salad
2 Phulka
Paneer Sabji

2:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

6:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:30 PM 2 Pav [medium size]
Bhaji [no Butter]

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

12/12/2022

Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 3

Mark tick/cross :

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM Salad
1 Phulka
Gobi ki Sabji
Dal

2:00 PM Saute Peas with onion

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:30 PM salad
2 Phulkas
Corn Palak Sabji

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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.



Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 4

Mark tick/cross :

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM 2 Palak roti

Kadi

2:00 PM Saute Peas with onion

6:00 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM 100g Grilled Paneer

Saute veggies

10:30 PM 1 Fruit

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

12/12/2022

Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 5

Mark tick/cross :

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

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

2:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:30 PM 1 Katori Rice
Dal
Salad + Sprouts

10:30 PM 1 Fruit

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

12/12/2022

Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 6

Mark tick/cross :

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM Fresh Methi Salad + Sprouts

2 Phulka
Sabji

2:00 PM Saute Peas with onion

6:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:30 PM Free Meal!!

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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.



Weight: 84 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Week 5 - Day 7

Mark tick/cross :

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

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

2:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

6:00 PM 2 Rasgullas (Completely squeeze out syrup)

8:30 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

10:30 PM 1 Fruit

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.