

Weight: 77.4 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 5 - Day 1

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

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

10:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM Salad
2 Phulka
Gobi Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 2 Moong dal chilla (+lauki)
Green Chutney

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

12/17/2022

Weight: 77.4 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 5 - Day 2

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 1 onion roti/ thalipith

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

6:00 PM Saute Peas with onion

9:00 PM 2 Katori Veg. Pulav
Chole

Mention total in day



Exercise
(in min)

Water
(in litres)



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12/17/2022

Weight: 77.4 kg

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Age: 35 Yrs

Height: 170Cms

Week 5 - Day 3

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 2 besan chilla [+ cucumber/ lauki]

12:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:30 PM Salad
2 Phulka
Matar Paneer

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)
+ Chicken

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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12/17/2022

Weight: 77.4 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 5 - Day 4

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

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

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Stuffed [Lauki/ mooli] Roti
Kadi

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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12/17/2022

Weight: 77.4 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 5 - Day 5

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM Paneer Salad (Paneer (6 Pcs.) + Veggies)

12:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

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

6:00 PM Saute Peas with onion

9:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

Mention total in day



Exercise
(in min)

Water
(in litres)



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12/17/2022

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Age: 35 Yrs

Height: 170Cms

Week 5 - Day 6

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

10:00 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

12:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:30 PM Fresh Methi Salad + Sprouts

2 Phulka
Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Weight: 77.4 kg

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Height: 170Cms

Week 5 - Day 7

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 2 Eggs + veggies

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

6:00 PM Saute Peas with onion

9:00 PM Grilled Chicken
Saute veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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