

Weight: 72.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 19 - Day 1

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

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Buttermilk

1:00 PM Salad
1 Phulka
Gobi Sabji

5:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM 2 Moong dal chilla (+lauki)
Green Chutney

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

12/19/2022

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Week 19 - Day 2

Mark tick/cross :

6:40 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM

1 onion roti/ thalipith

10:30 AM

Tulsi tea (boil tulsi leaves in water)

1:00 PM

Salad

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

Palak Dal

5:00 PM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM

2 Katori Veg. Pulav

Chole

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 19 - Day 3

Mark tick/cross :

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 2 besan chilla [+ cucumber/ lauki]

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad
1 Phulka
Matar Paneer

5:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)
+ Paneer

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 19 - Day 4

Mark tick/cross :

6:40 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM

1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

10:30 AM

Buttermilk

1:00 PM

1 Stuffed [Lauki/ mooli] Roti
Kadi

5:00 PM

Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 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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Week 19 - Day 5

Mark tick/cross in

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Buttermilk

1:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
kadi

5:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 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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Week 19 - Day 6

Mark tick/cross in

6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:30 AM 1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

10:30 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Fresh Methi Salad + Sprouts

1 Phulka
Sabji

5:00 PM Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 19 - Day 7

Mark tick/cross :

6:40 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM 2 Eggs + veggies

10:30 AM Buttermilk

1:00 PM 1 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

5:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM Pav Bhaji
[Pav -2]

Mention total in day



Exercise
(in min)

Water
(in litres)



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