

Weight: 82.9 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 4 - Day 1

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

10:00 AM 2 Eggs + veggies

1:00 PM Salad
2 Phulka
Gobi Sabji

4:30 PM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 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

12/19/2022

Weight: 82.9 kg

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Age: 21 Yrs

Height: 155 Cms

Week 4 - Day 2

Mark tick/cross in

10:00 AM 1 onion roti/ thalipith

1:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Palak Dal

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

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 4 - Day 3

Mark tick/cross in

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

1:00 PM Salad
2 Phulka
Matar Paneer

4:30 PM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 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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Week 4 - Day 4

Mark tick/cross in

10:00 AM 2 Eggs + veggies

1:00 PM 2 Stuffed [Lauki/ mooli] Roti
Kadi

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

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 4 - Day 5

Mark tick/cross in

10:00 AM 2 Eggs + veggies

1:00 PM Salad

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

4:30 PM Fruit Smoothie / Bowl

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

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 4 - Day 6

Mark tick/cross :

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

1:00 PM Fresh Methi Salad + Sprouts

2 Phulka
Sabji

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 4 - Day 7

Mark tick/cross in

10:00 AM 2 Eggs + veggies

1:00 PM 2 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

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

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-02-23

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