

Weight: 72.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 20- Day 1

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

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 2 Eggs + veggies

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

1:00 PM Salad
1 Phulka
Sabji

5:00 PM 1 Katori Peanuts [boiled/ roasted]

8:00 PM Steamed Vegetable
1 Stuffed roti (peas)
Tomato 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

26-12-22

Name: Anjali

Age: 59Yrs

Height: 152

Weight: 72.5 kg

Cms

Week 20- Day 2

Mark tick/cross in

6:40 AM

Tulsi tea (boil tulsi leaves in water)

8:30 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

10:30 AM

2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM

Salad
1 Phulka
Palak Sabji
Dal

5:00 PM

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

8:00 PM

Grilled Chicken
Saute veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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25-101-23

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26-12-22

Name: Anjali

Age: 59Yrs

Height: 152

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Cms

Week 20- Day 3

Mark tick/cross in

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 2 Eggs + veggies

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

1:00 PM Salad
1 Phulka
Besan

5:00 PM 1 Katori Peanuts [boiled/ roasted]

8:00 PM 1 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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26-12-22

Name: Anjali

Age: 59Yrs

Height: 152

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Cms

Week 20- Day 4

Mark tick/cross in

6:40 AM Tulsi tea (boil tulsi leaves in water)

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

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

1:00 PM 1 Phulkas
Paneer with Mix Veg.

5:00 PM 1 Katori Peanuts [boiled/ roasted]

8:00 PM Grilled Chicken
Saute veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
25-101-23

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Week 20- Day 5

Mark tick/cross in

6:40 AM

Tulsi tea (boil tulsi leaves in water)

8:30 AM

1 Katori Boiled Chana

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

10:30 AM

2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM

1 Onion roti / thalipith

1 Katori Curd + Veggies

5:00 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

8:00 PM

Salad (+ moth sprouts)

1 Phulka

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

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26-12-22

Name: Anjali

Age: 59Yrs

Height: 152

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Cms

Week 20- Day 6

Mark tick/cross i

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 2 Eggs + veggies

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

1:00 PM Salad
1 Phulkas
Corn Palak Sabji

5:00 PM 1 Katori Peanuts [boiled/ roasted]

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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26-12-22

Name: Anjali

Age: 59Yrs

Height: 152

Weight: 72.5 kg

Cms

Week 20- Day 7

Mark tick/cross in

6:40 AM Tulsi tea (boil tulsi leaves in water)

8:30 AM 2 Eggs + veggies

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

1:00 PM 2 Chilla (Besan + Cucumber/ Lauki)
1 Katori Curd (+ Tomatoes, Cucumber)

5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:00 PM Pav Bhaji
2 Multigrain Bread
Bhaji

Mention total in day



Exercise
(in min)

Water
(in litres)



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