

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

Week 22- Day 1

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

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

10:30 AM 3 tsp black til seeds

1:00 PM 1 Phulka
Sabji

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

8:00 PM Salad
5 -6 Dhoklas

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.



Weight: 72.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 22- Day 2

Mark tick/cross :

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 50g paneer + Veggies

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

1:00 PM Salad
1 Phulka
Moth Sabji

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

8:00 PM 2 moong dal chilla (+ Palak)
onion tomato chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Weight: 72.5 kg

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Week 22- Day 3

Mark tick/cross in

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
chutney

10:30 AM 3 tsp black til seeds

1:00 PM 1 Katori Rajma
+ Veggies
+ Curd

5:00 PM Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies

8:00 PM 2 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



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Sneha Fafat

www.snehafafat.com

1/6/2023

Weight: 72.5 kg

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Age: 59Yrs

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Week 22- Day 4

Mark tick/cross in

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

Fruit Smoothie / Bowl

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

10:30 AM

3 tsp black til seeds

1:00 PM

Salad

1 Katori rice

Black dal

5:00 PM

Sprouts Bhel

1 Katori Sprouts + Murrma + veggies

8:00 PM

Salad (1 Katori Peanuts + 2 Katoris Other Veggies)

1 Phulka

Sabji

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 22- Day 5

Mark tick/cross :

6:40 AM

1 Tsp Methi Seeds (soaked)

8:30 AM

1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

10:30 AM

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

1:00 PM

1 Phulka
Sabji
Dal

5:00 PM

1 Katori Peanuts [boiled/ roasted]

8:00 PM

Veg. Sandwich [2 Bread Slices + Veggies, No Butter]

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 22- Day 6

Mark tick/cross in

6:40 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

8:30 AM 50g paneer + Veggies

10:30 AM 3 tsp black til seeds

1:00 PM 1 Phulka
Peas Sabji

5:00 PM Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies

8:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-101-23

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Sneha Fafat

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1/6/2023

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Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 22- Day 7

Mark tick/cross :

6:40 AM 1 Tsp Methi Seeds (soaked)

8:30 AM Fruit Smoothie / Bowl

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

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

1:00 PM Salad

1 Katori Veg. Pulav
Chole

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

8:00 PM Baked/ Saute Vegetable In White Sauce
(1 Katori White Sauce + herbs, 1 Cube Cheese)

Mention total in day



Exercise
(in min)

Water
(in litres)



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