

Weight: 70 kg      Name: Akanksha    Age: 29 Yrs      Height: 160 Cms

**Week 2 - Day 1**

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

8:00 AM      1 Fruit

10:00 AM      1 Glass Milk + 1 tbsp chia seeds

11:30 AM      1 Coconut water

2:00 PM      Salad + 2 tsp seeds (til seeds/ melon seeds/flax seeds)  
1 Phulka  
Sabji

5:30 PM      1 Slice/ Cube Cheese  
1 Fruit

8:30 PM      Palak Soup  
1 Bread toast

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-04-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



Sneha Fafat

www.snehafafat.com

1/21/2023

Weight: 70 kg

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**Week 2 - Day 2**

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 2 Eggs + veggies

11:30 AM Buttermilk

2:00 PM Salad  
2 Phulka  
Gobi matar sabji

5:30 PM Roasted Makhana

8:30 PM 2 Moong dal chilla (+lauki)  
Green Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 3

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Glass Milk + 1 tbsp chia seeds

11:30 AM 1 Coconut water

2:00 PM Salad  
1 Millet roti (if possible)  
Sabji  
kadi

5:30 PM Roasted Makhana

8:30 PM 1 Katori Boiled Rajma  
+ Saute Veggies  
Curd Dressing with herbs

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 4

Mark tick/cross in

8:00 AM 1 Fruit

10:00 AM 1 bread +50g Avacado

11:30 AM Buttermilk

2:00 PM Salad  
1 Katori Rice  
1 Katori Rajma

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:30 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 5

Mark tick/cross in

8:00 AM 1 Fruit

10:00 AM 2 Eggs + veggies

11:30 AM 1 Coconut water

2:00 PM Salad + Sprouts  
2 Phulka  
Sabji

5:30 PM Roasted Makhana

8:30 PM 1 Roti + 2 Eggs  
Cabbage Soup

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 6

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Chilla [oats + besan + onion + coriander + veggies]

11:30 AM Buttermilk

2:00 PM 2 Katori Palak Khichadi

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:30 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 2 - Day 7

Mark tick/cross in

8:00 AM 1 Fruit

10:00 AM 2 Eggs + veggies

11:30 AM 1 Coconut water

2:00 PM Salad + handful of Peanuts  
1/2 Katori Rice + Sprouts/Dal

5:30 PM Roasted Makhana

8:30 PM 2-3 Idlis [is it possible?]  
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-04-23

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