

Weight: 77 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 10 - Day 1

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

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 2 Eggs + veggies

12:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM Salad + 2 tsp seeds (til seeds/ melon seeds/flax seeds)
2 Phulka
Sabji

6:00 PM Saute Peas with onion

9:00 PM Palak Soup
1 Bread toast

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.



Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 10 - Day 2

Mark tick/cross :

8:00 AM 1 Tsp Sauf [chew well]

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

12:30 PM 1 Fruit

2:30 PM Salad
2 Phulka
Gobi matar sabji

6:00 PM Saute Peas with onion

9:00 PM 2 Moong dal chilla (+lauki)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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Sneha Fafat

www.snehafafat.com

1/22/2023

Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 10 - Day 3

Mark tick/cross in

8:00 AM

1 Tsp Sauf [chew well]

10:00 AM

1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:30 PM

5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM

Salad

1 Millet roti

Sabji

kadi

6:00 PM

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

No sugar/ jaggery to be added

9:00 PM

1 Katori Boiled Rajma

+ Saute Veggies

Curd Dressing with herbs

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

21-02-23

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Week 10 - Day 4

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 1 Onion roti/ thalipith

12:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM Radish and Cucumber Salad

1.5 Katori Rice

1 Katori Rajma

6:00 PM Saute Peas with onion

9:00 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

21-02-23

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1/22/2023

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Age: 35 Yrs

Height: 170Cms

Week 10 - Day 5

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 2 Eggs + veggies

12:30 PM 1 Fruit

2:30 PM Salad + Sprouts
2 Phulka
Sabji

6:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

9:00 PM Grilled Chicken
Saute veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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Sneha Fafat

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1/22/2023

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Week 10 - Day 6

Mark tick/cross :

8:00 AM

1 Tsp Sauf [chew well]

10:00 AM

1 Chilla [oats + besan + onion + coriander + veggies]

12:30 PM

1 Fruit

2:30 PM

2 Katori Palak Khichadi

6:00 PM

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

9:00 PM

Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-02-23

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1/22/2023

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Age: 35 Yrs

Height: 170Cms

Week 10 - Day 7

Mark tick/cross :

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

12:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM Salad + handful of Peanuts
1/2 Katori Rice + Rajma/Dal

6:00 PM Saute Peas with onion

9:00 PM 2-3 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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