

Weight: 68.6 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 3 - Day 1

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

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM 1 Phulka
Sabji
Palak Dal

5:30 PM 2 Eggs + veggies

8:30 PM 1 Stuffed Roti (Cauliflower)
1 Katori dahi + veggies

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

1/28/2023

Weight: 68.6 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 3 - Day 2

Mark tick/cross :

8:00 AM 1 Tsp (raw) Methi Seeds (soaked overnight)

10:00 AM 2 Eggs + veggies

11:30 AM Ajwain & Sauf Water (boiled)

2:00 PM Salad + Curd

1 Phulka
Sabji

5:30 PM 1 Slice/ Cube Cheese

8:30 PM 2 Katoris Green Dal Khichadi
+ Veggies + Tadka

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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B) Refer General Guidelines.



Weight: 68.6 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 3 - Day 3

Mark tick/cross in

8:00 AM 1 Tsp (raw) Methi Seeds (soaked overnight)

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad
1 Katori Rice
Chole

5:30 PM 2 Eggs + veggies

8:30 PM Corn Chat
1 Katori Corn + 50g Paneer + 2 Katoris Other Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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Weight: 68.6 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 3 - Day 4

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM 1 Phulka
Cucumber Raita

5:30 PM 1 Slice/ Cube Cheese

8:30 PM Soup
1 Phulka
Sabji

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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Weight: 68.6 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 3 - Day 5

Mark tick/cross in

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 2 Fruits + 3 tsp Seeds

11:30 AM Ajwain & Sauf Water (boiled)

2:00 PM Salad
1 Phulka
Sabji

5:30 PM 2 Eggs + veggies

8:30 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

1/28/2023

Weight: 68.6 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 3 - Day 6

Mark tick/cross in

8:00 AM 1 Tsp (raw) Methi Seeds (soaked overnight)

10:00 AM 2 Eggs + veggies

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad + Curd

1 Phulka

Sabji

5:30 PM 2 Eggs + veggies

8:30 PM Free Meal!!

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

10-04-23

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B) Refer General Guidelines.



Weight: 68.6 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 3 - Day 7

Mark tick/cross in

8:00 AM 1 Tsp (raw) Methi Seeds (soaked overnight)

10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM Ajwain & Sauf Water (boiled)

2:00 PM Salad
1 Katori Rice
Dal

5:30 PM 1 Slice/ Cube Cheese

8:30 PM Mix Veg. Soup (Not Strained)
Sprouts Salad (1½ Katori Sprouts)

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.