

Weight: 81.5 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 8 - Day 1

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

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM 1 Phulka
Sabji
Palak Dal

4:30 PM Roasted Makhana

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

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: 81.5 kg

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Week 8 - Day 2

Mark tick/cross in

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:00 AM 2 Eggs + veggies

1:00 PM Salad + Curd
1 Phulka
Sabji

4:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM 2 Katoris Green Dal Khichadi
+ Veggies + Tadka

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-02-23

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Sneha Fafat

www.snehafafat.com

1/31/2023

Weight: 81.5 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 8 - Day 3

Mark tick/cross :

7:00 AM 1 Coconut water

9:00 AM 2 besan chilla [+ cucumber/ lauki]

1:00 PM Salad
1 Katori Rice
Chole

4:30 PM Roasted Makhana

8:00 PM Corn Chat
1 Katori Corn + 50g Paneer + 2 Katoris Other Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-02-23

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Week 8 - Day 4

Mark tick/cross in

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM 1 Phulka
Sabji
Cucumber Raita

4:30 PM Roasted Makhana

8:00 PM Soup
1 Phulka
Chicken

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 8 - Day 5

Mark tick/cross in

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:00 AM 1 Onion roti/ thalipith

1:00 PM Salad
1 Phulka
Sabji

4:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 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
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Sneha Fafat

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1/31/2023

Weight: 81.5 kg

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Week 8 - Day 6

Mark tick/cross in

7:00 AM 1 Coconut water

9:00 AM 2 Eggs + veggies

1:00 PM Salad + Curd
1 Phulka
Sabji

4:30 PM Roasted Makhana

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-02-23

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Weight: 81.5 kg

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Week 8 - Day 7

Mark tick/cross in

7:00 AM 1 Coconut water

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

1:00 PM 1 Katori Rice
Dal with lots of veggies

4:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM 3 Eggs
+ Saute Veggies
1/2 Katori Rice

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-02-23

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