

Weight: 67.5 kg      Name: Akanksha      Age: 29 Yrs      Height: 160 Cms

### Week 5 - Day 1

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

8:00 AM      Lemon & Mint Water

10:00 AM      1 Bread + 50g avacado

11:30 AM      4 Dates (Eat Half At A Time, Chew Well)

2:00 PM      1 Phulka

Sabji  
Salad

5:30 PM      2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:30 PM      2 besan chilla [+ cucumber/ lauki]

1 Katori Curd

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

2/11/2023

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**Week 5 - Day 2**

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

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

11:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

2:00 PM Salad + 2 tsp Mix seeds  
1 Phulka  
Palak Sabji

5:30 PM Pop-corn

8:30 PM 2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 5 - Day 3

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 1 Bread + 50g avocado

11:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

2:00 PM Salad

1 onion roti / thalipith  
1 Katori Curd + Veggies

5:30 PM Pop-corn

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)



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**Week 5 - Day 4**

Mark tick/cross in

8:00 AM Lemon & Mint Water

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

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM 1 Phulka  
Paneer with Mix Veg.

5:30 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:30 PM 1 Phulka  
Sabji  
Salad

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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Weight: 67.5 kg

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## Week 5 - Day 5

Mark tick/cross in

8:00 AM Tulsi tea (boil tulsi leaves in water)

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

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM Salad  
1 Stuffed roti (peas)  
Tomato Chutney

5:30 PM Pop-corn

8:30 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]  
1 Slice cheese

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 5 - Day 6**

Mark tick/cross :

8:00 AM Nil

10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

2:00 PM 1 Phulka  
Cabbage And Peas Sabji  
Dal

5:30 PM Pop-corn

8:30 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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**Week 5 - Day 7**

Mark tick/cross in

8:00 AM Nil

10:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM 4 Dates (Eat Half At A Time, Chew Well)

2:00 PM Salad (Carrot + Radish +Other Veggies)

1 Stuffed Lauki Roti  
Kadi

5:30 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:30 PM 2 Katoris Khichadi  
with lots of veggies and tadka  
+ 1 tsp ghee (from top)

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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