

Weight: 76.5 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 12 - Day 1

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

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

10:00 AM 2 Eggs + veggies

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Phulka

Sabji

Salad

6:00 PM 1 Slice/ Cube Cheese

1 Fruit

9:00 PM 2 Besan chilla [+ cucumber/ lauki]

1 Katori Curd

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.



Sneha Fafat

www.snehafafat.com

2/11/2023

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Age: 35 Yrs

Height: 170Cms

Week 12 - Day 2

Mark tick/cross :

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

10:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

12:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM Salad + 2 tsp Mix sededs

2 Phulka
Palak Sabji

6:00 PM 30g Coconut (grated or 2" x 2" Piece)

Coconut Water

9:00 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 12 - Day 3

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

10:00 AM 1 methi thepla

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM Salad

2 onion roti / thalipith
1 Katori Curd + Veggies

6:00 PM 30g Coconut (grated or 2" x 2" Piece)

Coconut Water

9:00 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)



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Week 12 - Day 4

Mark tick/cross :

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

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

12:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM 2 Phulka
Paneer with Mix Veg.

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM 2 Phulka
Chicken
Salad

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 12 - 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 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM Salad
2 Stuffed roti (peas)
Tomato Chutney

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 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 12 - Day 6

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Phulka
Cabbage And Peas Sabji
Dal

6:00 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 12 - Day 7

Mark tick/cross :

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

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

12:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM Salad (Carrot + Radish +Other Veggies)

2 Stuffed Lauki Roti
Kadi

6:00 PM 1 Slice/ Cube Cheese

1 Fruit

9:00 PM Grilled Chicken

Saute Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



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