

Weight: 81.7 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 10 - Day 1

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

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout
only]

9:00 AM 2 Eggs + veggies

1:00 PM 1 Phulka
Sabji
Salad

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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

A) If need be diet plan days can be interchanged within a week.

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

2/16/2023

Weight: 81.7 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 10 - Day 2

Mark tick/cross in

7:00 AM 1 Fruit

[Pre workout only]

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

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

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 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 10 - Day 3

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout only]

9:00 AM 1 methi thepla

1:00 PM Salad
1 onion roti / thalipith
1 Katori Curd + Veggies

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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)

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Week 10 - Day 4

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout only]

9:00 AM 2 Eggs + veggies

1:00 PM 1 Phulka
Paneer with Mix Veg.

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM 1 Phulka
Sabji
Salad

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 10 - Day 5

Mark tick/cross in

7:00 AM 1 Fruit

[Pre workout only]

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

1:00 PM Salad + 2 tsp Mix Seeds
1 Stuffed roti (peas)
Tomato Chutney

4:30 PM 1 Glass Water + 1 tbsp chia seeds

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

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 10 - Day 6

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout only]

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

1:00 PM 1 Phulka
Cabbage And Peas Sabji
Dal

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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21-02-23

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Week 10 - Day 7

Mark tick/cross in

7:00 AM 1 Fruit

[Pre workout only]

9:00 AM 2 Eggs + veggies

1:00 PM Salad + 2 tsp Mix Seeds
1 Stuffed Lauki Roti
Kadi

4:30 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

8:00 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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21-02-23

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