

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

Week 6 - Day 1

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

10:00 AM 2 Eggs + veggies

2:00 PM Salad + Curd

1 Phulka
Sabji

5:30 PM 1 Slice/ Cube Cheese

1 Fruit

8:30 PM Salad

1 Katori Rice
Palak Dal

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

18-02-23

Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 2

Mark tick/cross in

10:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbspc + 2 tsp roasted Flax seeds

2:00 PM

Salad + Moong

1 Phulka

Sabji

5:30 PM

2 Eggs + veggies

8:30 PM

1 Millet roti

Sabji

Dal/ Kadi

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

18-02-23

Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 3

Mark tick/cross in

10:00 AM 2 besan chilla [+ cucumber/ lauki]

2:00 PM 1 Phulka
Paneer Sabji

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 3-4 Eggs
+ Saute 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

18-02-23

Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 4

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM 1 Phulka
Sabji
Palak Dal

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Grilled Chicken
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

18-02-23

Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 5

Mark tick/cross in

10:00 AM 1 Katori Peanuts [boiled/ roasted]

2:00 PM Salad
1 Katoris Rice
1 Katori Rajma

5:30 PM 2 Eggs + veggies

8:30 PM 1 Phulka
Sabji
Dal/ Kadi

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

18-02-23

Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 6

Mark tick/cross in

10:00 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:00 PM

1 Phulka

Methi Matar Sabji

1 Katori Thick Dal with Onions and Tomatoes

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

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

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

18-02-23

Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 7

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM Salad + Curd

1 Phulka
Sabji

5:30 PM 1 Slice/ Cube Cheese

1 Fruit

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)



Program Expiry
10-04-23

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

B) Refer General Guidelines.