



Sneha Fafat

www.snehafafat.com

18-02-23

Name: Richa

Age: 35 Yrs

Height:

Weight: 73.4 kg

155Cms

Week 3 - Day 2

Mark tick/cross in

9:00 AM

Fruit Smoothie / Bowl

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

10:30 AM

2 Anjir (Eat Half At A Time, Chew Well)

12:00 PM

Salad + Moong

1 Phulka

Sabji

4:00 PM

Raita [1 Katori Curd + Veggies]

7:00 PM

1 Millet roti

Sabji

Dal/ Kadi

10:00 PM

3tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

21-04-23

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

B) Refer General Guidelines.



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Week 3 - Day 3

Mark tick/cross in

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

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

12:00 PM 1 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

4:00 PM Hot Chocolate (Home Made)
[Milk + 1 tbsp Chocolate syrup]

7:00 PM Cucumber And Tomato Salad
2 Katori Matar Pulav (1 Katori Peas)
Dal Fry (+ onions & tomatoes)

10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 4

Mark tick/cross in

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

10:30 AM 1 Fruit

12:00 PM 1 Phulka
Sabji
Palak Dal

4:00 PM Saute Peas

7:00 PM Mix Veg. Soup
2 Katori Daliya (+ Veggies)

10:00 PM 3tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 3 - Day 5

Mark tick/cross in

9:00 AM 1 Katori Peanuts [boiled/ roasted]

10:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

12:00 PM Radish and Cucumber Salad

1 Katoris Rice

1 Katori Rajma

4:00 PM Raita [1 Katori Curd + Veggies]

7:00 PM 1 Millet roti

Sabji

Dal/ Kadi

10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 3 - Day 6

Mark tick/cross in

9:00 AM

Fruit Smoothie / Bowl

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

10:30 AM

2 Anjir (Eat Half At A Time, Chew Well)

12:00 PM

1 Phulka

Methi Matar Sabji

1 Katori Thick Dal with Onions and Tomatoes

4:00 PM

Hot Chocolate (Home Made)

[Milk + 1 tbsp Chocolate syrup]

7:00 PM

Free Meal!!

10:00 PM

10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 3 - Day 7

Mark tick/cross in

9:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]

sambhar/ green chutney

10:30 AM 1 Fruit

12:00 PM 2-3 Idlis

2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

4:00 PM Raita [1 Katori Curd + Veggies]

7:00 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:00 PM 3tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)

Mention total in day



Exercise
(in min)

Water
(in litres)



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21-04-23

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