

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

**Week 7 - 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  
1 Phulka  
Sabji  
Dal

5:30 PM      1 Katori Peanuts [boiled/ roasted]

8:30 PM      Salad  
1 Katori Rice  
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

2/25/2023

Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

**Week 7 - Day 2**

Mark tick/cross in

10:00 AM 1 Roti + 50g Avacado

2:00 PM Salad  
1 Phulka  
Chole

5:30 PM 1 Katori Chole + Veggies

8:30 PM 3-4 Slices Thin crust Pizza

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
10-04-23

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2/25/2023

Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

**Week 7 - Day 3**

Mark tick/cross in

10:00 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

2:00 PM 1 Katori Rice

Palak Dal

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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

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**Week 7 - Day 4**

Mark tick/cross in

10:00 AM 1 Roti + 50g Avacado

2:00 PM 1 Phulka  
Sabji  
Salad + Moong

5:30 PM Salad + Moong

8:30 PM Grilled Chicken  
Veggies

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
10-04-23

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**Week 7 - Day 5**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM Salad  
1 Katori Rice  
Chicken

5:30 PM 1 Katori Peanuts [boiled/ roasted]

8:30 PM 1 Katori Rajma + Saute veggies + Curd

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
10-04-23

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Height: 160 Cms

**Week 7 - Day 6**

Mark tick/cross :

10:00 AM  1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

2:00 PM  1 Phulka  
2 Eggs + veggies

5:30 PM  1 Katori Peanuts [boiled/ roasted]

8:30 PM  Free Meal!!

Mention total in day

 Exercise  
(in min)

Water   
(in litres)

Program Expiry  
10-04-23

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2/25/2023

Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

**Week 7 - Day 7**

Mark tick/cross in

10:00 AM Nil

2:00 PM Salad  
1 Phulka  
Sabji

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

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.**