

Weight: 81 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

## Week 11 - Day 1

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

7:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

[Pre workout  
only]

9:00 AM 1 besan chilla [+ cucumber/ lauki]

1:00 PM Salad  
1 Phulka  
Sabji  
Dal

4:30 PM Saute Peas with onion

8:00 PM Salad  
1 Katori Rice  
Palak Dal

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.**



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## Week 11 - Day 2

Mark tick/cross :

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

[Pre workout only]

9:00 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

1:00 PM Salad  
1 Phulka  
Chole

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

8:00 PM 1 Millet roti  
Sabji  
Dal/ Kadi

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
21-02-23

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# Sneha Fafat

www.snehafafat.com

2/27/2023

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## Week 11 - Day 3

Mark tick/cross :

7:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

[Pre workout only]

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

1:00 PM 1 Katori Rice  
Palak Dal

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

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

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**Week 11 - Day 4**

Mark tick/cross :

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

[Pre workout only]

9:00 AM 1 Katori Boiled Chana  
[+ Veggies + Lemon]

1:00 PM 1 Phulka  
Sabji  
Salad + Moong

4:30 PM Saute Peas with onion

8:00 PM Grilled Chicken  
Veggies

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
21-02-23

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## Week 11 - Day 5

Mark tick/cross :

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

[Pre workout only]

9:00 AM 1 Chilla [oats + Besan+ onion + veggies]

1:00 PM Salad  
1 Katori Rice  
Chicken

4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

8:00 PM 1 Millet roti  
Sabji  
Dal/ Kadi

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
21-02-23

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**Week 11 - Day 6**

Mark tick/cross :

7:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

[Pre workout only]

9:00 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

1:00 PM 1 Phulka  
2 Eggs + veggies

4:30 PM Saute Peas with onion

8:00 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
21-02-23

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## Week 11 - Day 7

Mark tick/cross :

7:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

[Pre workout only]

9:00 AM 1 veg. uttapam [+capsicums, tomatoes, onions]  
sambhar/ green chutney

1:00 PM Salad  
1 Phulka  
Sabji

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

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

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