

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 1

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

10:30 AM

Pre-workout

12:30 PM

3:30 PM

5:30 PM

8:00 PM

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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

B) Refer General Guidelines.



Sneha Fafat

www.snehafafat.com

2/27/2023

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 2

Mark tick/cross in

10:30 AM

Pre-workout

12:30 PM

3:30 PM

5:30 PM

8:00 PM

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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Sneha Fafat

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2/27/2023

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 3

Mark tick/cross in

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Pre-workout

12:30 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp)
1 Katoris Curd with Onions and Tomatoes

3:30 PM Buttermilk

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM Saute Matar, beans & carrots
Fish

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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Sneha Fafat

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2/27/2023

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 4

Mark tick/cross :

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

Pre-workout

12:30 PM 1 Phulka
Sabji
Palak Dal

3:30 PM 1 Coconut water

5:30 PM 2 Eggs + Veggies

8:00 PM Mix Veg. Soup
2 Katori Daliya (+ Veggies)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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Sneha Fafat

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2/27/2023

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 5

Mark tick/cross in

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

Pre-workout

12:30 PM 1 Phulka
Sabji

3:30 PM Buttermilk

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM Grilled Chicken
Saute veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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B) Refer General Guidelines.



Sneha Fafat

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2/27/2023

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 6

Mark tick/cross :

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Pre-workout

12:30 PM 1 Phulka
Methi Matar Sabji
1 Katori Thick Dal with Onions and Tomatoes

3:30 PM 1 Coconut water

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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

B) Refer General Guidelines.



Sneha Fafat

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2/27/2023

Weight: 74 kgs

Name: Shailaja

Age: 31 Yrs

Height: 178 Cms

Week 1 - Day 7

Mark tick/cross :

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Pre-workout

12:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

3:30 PM Buttermilk

5:30 PM 2 Eggs + Veggies

8:00 PM 1 Katori Rajma + Veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-08-20

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B) Refer General Guidelines.