

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 8 - Day 1

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

10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

2:00 PM Salad
1/2 Katori Rice
+ Rajma

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

8:30 PM Salad
1 Phulka
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

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

3/4/2023

Weight: 67.2 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 8 - Day 2

Mark tick/cross in

10:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

2:00 PM Salad
1 Phulka
Sabji

5:30 PM 1 Katori Chole + Veggies

8:30 PM 1 Roti + 1 Egg
Salad
Can have like a roll

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
10-04-23

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Weight: 67.2 kg

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Height: 160 Cms

Week 8 - Day 3

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM Grilled Chicken
Saute Veggies

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

8:30 PM 1 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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3/4/2023

Weight: 67.2 kg

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Week 8 - Day 4

Mark tick/cross in

10:00 AM Murmura + 1/2 Katori Roasted Chana

2:00 PM Salad
1 Phulka
Mix veg Paneer

5:30 PM Salad + Moong

8:30 PM Salad
1 Stuffed Lauki Roti
Kadi

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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3/4/2023

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Week 8 - Day 5

Mark tick/cross in

10:00 AM Murmura + ½ Katori Roasted Chana

2:00 PM Salad
1 Peas Stuffed Roti
Curd

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

8:30 PM 1 Fruit
+ 2 Eggs + Veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 8 - Day 6

Mark tick/cross in

10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

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

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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Height: 160 Cms

Week 8 - Day 7

Mark tick/cross in

10:00 AM 2 Eggs +Veggies

2:00 PM 1 Katori Corn + Saute Veggies

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

8:30 PM Grilled Fish
Saute veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
10-04-23

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