

Weight: 80.9 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 12 - Day 1

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

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout
only]

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

1:00 PM Salad
1 Katori Rice
+ Rajma

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

8:00 PM Salad
1 Phulka
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

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 12 - Day 2

Mark tick/cross :

7:00 AM Tulsi tea (boil tulsi leaves in water)

[Pre workout only]

9:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

1:00 PM Salad
1 Phulka
Sabji

4:30 PM 1 Coconut water

8:00 PM 3 Eggs
+ Saute Veggies
1/2 Katori Rice

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 12 - Day 3

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout only]

9:00 AM 1 Katori Roasted Chana

1:00 PM Grilled Chicken
Saute Veggies

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

8:00 PM 1 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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21-02-23

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Sneha Fafat

www.snehafafat.com

3/8/2023

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Week 12 - Day 4

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout only]

9:00 AM 2 Eggs +Veggies

1:00 PM Salad
1 Phulka
Sabji

4:30 PM 1 Coconut water

8:00 PM Salad
1 Stuffed Lauki Roti
Kadi

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
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Week 12 - Day 5

Mark tick/cross :

7:00 AM Tulsi tea (boil tulsi leaves in water)

[Pre workout only]

9:00 AM Murmura + 1/2 Katori Roasted Chana

1:00 PM Salad
1 Peas Stuffed Roti
Curd

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) 

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Week 12 - Day 6

Mark tick/cross in

7:00 AM Tulsi tea (boil tulsi leaves in water)

[Pre workout only]

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

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

4:30 PM 1 Coconut water

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 12 - Day 7

Mark tick/cross :

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

[Pre workout only]

9:00 AM 2 Eggs +Veggies

1:00 PM 1 Katori Corn + Saute Veggies
+ 1 Cube Cheese

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

8:00 PM Grilled Fish
Saute veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-02-23

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