

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

**Week 9 - 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 Phulka  
Sabji  
Dal

5:30 PM      Saute Peas with onion

8:30 PM      1 Katori Green Khichadi  
2 Bowls Kadi (With Methi Leaves)

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

3/11/2023

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**Week 9 - Day 2**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM Salad  
+ 1 katori Rajma  
+ 1 Katori Curd

5:30 PM Pop-corn

8:30 PM 1 Stuffed Roti (Cauliflower)  
1 Katori dahi + veggies

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 9 - Day 3

Mark tick/cross in

10:00 AM 1 Glass Milk + 1 tbsp chia seeds

2:00 PM Salad  
1 Millet roti [jowar/ makka/ bajra/ ragi]  
Sabji  
Dal/ Kadi

5:30 PM Saute Peas with onion

8:30 PM Salad  
1 Phulka  
Sabji  
Dal

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
10-04-23

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**Week 9 - Day 4**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM 1 Phulka  
Cabbage And Peas Sabji

5:30 PM Pop-corn

8:30 PM Salad  
+ 1 Katori Boiled Peanuts

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
10-04-23

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**Week 9 - Day 5**

Mark tick/cross in

10:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

2:00 PM 1 katori Rice  
Thick Dal with Onions and Tomatoes

5:30 PM Pop-corn

8:30 PM Grilled Chicken  
Saute Veggies

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 9 - Day 6**

Mark tick/cross in

10:00 AM 1 Katori Peanuts [boiled/ roasted]

2:00 PM 1 Phulka  
Methi Matar Sabji

5:30 PM Saute Peas with onion

8:30 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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10-04-23

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**Week 9 - Day 7**

Mark tick/cross in

10:00 AM 1 Glass Milk + 1 tbsp chia seeds

2:00 PM 1 ½ Katori Sprouts  
sauted Veggies  
Curd + Herbs for dressing

5:30 PM Saute Peas with onion

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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