

Weight: 123kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 1 - Day 1

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

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

9:30 AM 2 Fruits

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad
2 Phulka
Sabji
Dal

5:30 PM 2 Fruits

8:30 PM 2 Katori Green dal Khichadi + Veggies with tadka
2 Bowls Kadi (With Methi Leaves)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-06-23

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

Weight: 123kg

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Height: 178 Cms

Week 1 - Day 2

Mark tick/cross in

8:00 AM

5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

11:30 AM

Tulsi tea (boil tulsi leaves in water)

2:00 PM

Salad + 1 katori Rajma
+ 1/2 Katori Curd
1 Phulka
Sabji

5:30 PM

1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM

2 Stuffed Roti (Cauliflower)
Green Chutney

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 1 - Day 3

Mark tick/cross in

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

9:30 AM 1 Glass Milk + 1 tbsp chia seeds

11:30 AM Buttermilk

2:00 PM 2 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

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

8:30 PM 2 Veg. Uttapam (With Capsicums, Tomatos, Onion)

2 Katori Sambar (Add Any Gourd Vegetable Like

Dudhi/Turia/Pumpkin)

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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21-06-23

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Week 1 - Day 4

Mark tick/cross :

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 2 besan chilla [+ cucumber/ lauki]

11:30 AM Coconut water

2:00 PM 2 Phulka
Cabbage And Peas Sabji

5:30 PM 2 Fruits

8:30 PM Salad + 1 Katori Boiled Peanuts
2 -3 Idlis
Sambar chutney

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 1 - Day 5

Mark tick/cross in

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad

1 katori Rice

Thick Dal with Onions and Tomatoes

5:30 PM 1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Grilled Chicken

Saute Veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-06-23

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Week 1 - Day 6

Mark tick/cross :

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

9:30 AM 2 Fruits

11:30 AM Coconut water

2:00 PM 2 Phulka
Methi Matar Sabji

5:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:30 PM Free Meal!!

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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21-06-23

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Week 1 - Day 7

Mark tick/cross in

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

9:30 AM 1 Glass Milk + 1 tbsp chia seeds

11:30 AM Tulsi tea (boil tulsi leaves in water)

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

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
21-06-23

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