

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

Week 10 - Day 1

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

10:00 AM 2 Eggs + veggies

2:00 PM Salad + Chana

1 Phulka
Sabji

5:30 PM 1 Fruit

8:30 PM Salad
1 Phulka
Sabji
Dal

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

3/18/2023

Weight: 67.2 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

Week 10 - Day 2

Mark tick/cross :

10:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

2:00 PM Salad
1 Phulka
Sabji
Dal

5:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

8:30 PM Grilled Chicken
Saute Veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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3/18/2023

Weight: 67.2 kg

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Height: 160 Cms

Week 10 - Day 3

Mark tick/cross :

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

2:00 PM 1 Katori Rice
Chicken

5:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

8:30 PM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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Week 10 - Day 4

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM 1 Phulka
Sabji
Curd + Veggies

5:30 PM 1 Fruit

8:30 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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Week 10 - Day 5

Mark tick/cross :

10:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

2:00 PM Grilled Chicken
Saute Veggies

5:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

8:30 PM Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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Week 10 - Day 6

Mark tick/cross :

10:00 AM 2 besan chilla [+ cucumber/ lauki]

2:00 PM Salad
1 Phulka
Sabji
Dal

5:30 PM 1 Fruit

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 10 - Day 7

Mark tick/cross :

10:00 AM 2 Eggs + veggies

2:00 PM 1 Katori Rice
Palak Dal

5:30 PM 1 Fruit

8:30 PM Salad
1 Phulka
Sabji

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
10-04-23

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B) Refer General Guidelines.