

Weight: 123kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 2 - Day 1

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

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 2 Eggs + veggies

11:30 AM 3 tsp black til seeds

2:00 PM Salad + Chana

2 Phulka
Sabji

5:30 PM Roasted Makhana

8:30 PM Salad
2 Phulka
Palak Sabji
Dal

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

3/18/2023

Weight: 123kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 2 - Day 2

Mark tick/cross :

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

9:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM Salad [Carrot + cabbage with tadka on top.]

2 Phulka
Sabji
Dal

5:30 PM Roasted Makhana

8:30 PM Grilled Chicken

Saute Veggies

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
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Week 2 - Day 3

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

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

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM 1.5 Katori Rice
Chicken

5:30 PM Pop-corn

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

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-06-23

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3/18/2023

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Week 2 - Day 4

Mark tick/cross :

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

9:30 AM 2 Eggs + veggies

11:30 AM 3 tsp black til seeds

2:00 PM 2 Phulka
Sabji
Salad

5:30 PM Roasted Makhana

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)

Program Expiry
21-06-23

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Week 2 - Day 5

Mark tick/cross :

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

9:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM Grilled Chicken
Saute Veggies

5:30 PM Pop-corn

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
21-06-23

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3/18/2023

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Week 2 - Day 6

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

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

11:30 AM 3 tsp black til seeds

2:00 PM Salad
2 Phulka
Sabji
Dal

5:30 PM Roasted Makhana

8:30 PM Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-06-23

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Week 2 - Day 7

Mark tick/cross :

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 2 Eggs + veggies

11:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

2:00 PM 1.5 Katori Rice
Palak Dal

5:30 PM Pop-corn

8:30 PM Salad
2 Phulka
Sabji

Mention total in day

 Exercise
(in min)

 Water
(in litres)

Program Expiry
21-06-23

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