

Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 11 - Day 1

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

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

2:00 PM 1 Phulka
Paneer with Mix Veg.

5:30 PM 30g Coconut (grated or 2" x 2" Piece)

8:30 PM 1 Roti + 1 Egg
veggies

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.



26-03-23

Weight: 67.5 kg

Name: Akanksha

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Height: 160 Cms

Week 11 - Day 2

Mark tick/cross in

10:00 AM 1 Bread + 50g Avacado

2:00 PM Grilled Chicken
Saute Veggies

5:30 PM Fruits

8:30 PM Saute veggies
1 Katori Noodles (Boiled)

Mention total in day



Exercise
(in min)

Water

(in litres)



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26-03-23

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Week 11 - Day 3

Mark tick/cross in

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

2:00 PM Salad
1 Phulka
Gobi Matar Sabji

5:30 PM 30g Coconut (grated or 2" x 2" Piece)

8:30 PM 3-4 Eggs
+ Saute Veggies

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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Sneha Fafat

www.snehafafat.com

26-03-23

Weight: 67.5 kg

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Week 11 - Day 4

Mark tick/cross in

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

2:00 PM 1 Katori Rice
Chole

5:30 PM Fruits

8:30 PM Salad (Carrot + Radish +Other Veggies)
1 Stuffed Lauki Roti
Kadi

Mention total in day



Exercise
(in min)

Water

(in litres)



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26-03-23

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Age: 29 Yrs

Height: 160 Cms

Week 11 - Day 5

Mark tick/cross in

10:00 AM 1 Bread + 50g Avacado

2:00 PM 1 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:30 PM Fruits

8:30 PM Salad (+ moth sprouts)
1 Phulka
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 11 - Day 6

Mark tick/cross in

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

2:00 PM 1 Katori Curd + 1 Katori Rajma +Veggies

5:30 PM 30g Coconut (grated or 2" x 2" Piece)

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
10-04-23

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Sneha Fafat

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26-03-23

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Age: 29 Yrs

Height: 160 Cms

Week 11 - Day 7

Mark tick/cross in

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

2:00 PM Salad + Sprouts
1 Katori Veg Khichadi

5:30 PM 30g Coconut (grated or 2" x 2" Piece)

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

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
10-04-23

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