

Weight: 66.9 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 Fruit + 4 Almonds

2:00 PM      Salad  
1 Phulka  
Sabji  
Buttermilk

5:30 PM      8 Almonds (Eat One At A Time, Chew Well)

8:30 PM      Salad  
+ 1 Katori Peanuts

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

4/1/2023

Weight: 66.9 kg

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**Week 11 - Day 2**

Mark tick/cross :

10:00 AM 1 Bread + Avacado

2:00 PM Salad  
1 Phulka  
Palak Dal

5:30 PM 1 Slice/ Cube Cheese

8:30 PM Salad  
1 Katori Rice  
Grilled Chicken

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 11 - Day 3

Mark tick/cross :

10:00 AM 1 Fruit + 4 Almonds

2:00 PM Grilled Chicken  
Saute veggies

5:30 PM 8 Almonds (Eat One At A Time, Chew Well)

8:30 PM Baked/ Saute Vegetable In White Sauce  
(1 Katori White Sauce + herbs, 1 Cube Cheese)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
10-04-23

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**Week 11 - Day 4**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM Salad  
1 Phulka  
Sabji  
Buttermilk

5:30 PM 1 Slice/ Cube Cheese

8:30 PM Palak Soup  
1 -2 Fruits

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 11 - Day 5**

Mark tick/cross in

10:00 AM 1 Bread + veggies

2:00 PM 1 Katori Curd +Veggies

1 Phulka  
Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

5:30 PM 1 Slice/ Cube Cheese

8:30 PM Salad  
+ 1 Katori Rajma

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 Fruit + 4 Almonds

2:00 PM 1 Phulkas  
Paneer with Mix Veg.

5:30 PM 8 Almonds (Eat One At A Time, Chew Well)

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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4/1/2023

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**Week 11 - Day 7**

Mark tick/cross in

10:00 AM 2 Eggs + veggies

2:00 PM Salad  
1 Phulka  
Sabji  
Buttermilk

5:30 PM 8 Almonds (Eat One At A Time, Chew Well)

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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