

Weight: 86 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

### Week 1 - Day 1

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

7:30 AM 1 Coconut water

9:00 AM 2 Fruit + 4 Almonds

1:00 PM Salad  
2 Phulka  
Sabji  
Buttermilk

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

6:30 PM Murmura (+ Veggies + Green Chutney)

9:00 PM 5 -6 Pcs Dhoklas  
cabbage Soup

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
2-07-23

A) If need be diet plan days can be interchanged within a week.

**B) Refer General Guidelines.**



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## Week 1 - Day 2

Mark tick/cross in

7:30 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM

1½ katoris upma [made of oats/ sevaiya + veggies]

1:00 PM

Salad

1 Katori Rice

Palak Dal [if possible]

4:30 PM

4 Dates (Eat Half At A Time, Chew Well)

6:30 PM

Roasted Makhana

9:00 PM

1 Millet roti

Sabji

Dal

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 1 - Day 3

Mark tick/cross in

7:30 AM

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM

2 Fruit + 4 Almonds

1:00 PM

Salad  
2 Phulka  
Sabji  
Dal

4:30 PM

4 Anjir (Eat Half At A Time, Chew Well)

6:30 PM

Murmura (+ Veggies + Green Chutney)

9:00 PM

2-3 Idlis  
Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)  
Chutney

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 4

Mark tick/cross in

7:30 AM 1 Coconut water

9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

1:00 PM Salad  
2 Phulka  
Sabji  
Buttermilk

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

6:30 PM Roasted Makhana

9:00 PM Palak Soup  
1 Mango

Mention total in day



Exercise  
(in min)

Water  
(in litres)



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## Week 1 - Day 5

Mark tick/cross in

7:30 AM

1 Coconut water

9:00 AM

1 Glass Milk + 1 tbsp chia seeds

1:00 PM

1 Katori Curd +Veggies

1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

4:30 PM

4 Anjir (Eat Half At A Time, Chew Well)

6:30 PM

Roasted Makhana

9:00 PM

Salad

+ 1 Katori Peanuts

1 Phulka

Sabji

Kadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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## Week 1 - Day 6

Mark tick/cross :

7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 2 Fruit + 4 Almonds

1:00 PM 2 Phulkas  
Paneer with Mix Veg.

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

6:30 PM Murmura (+ Veggies + Green Chutney)

9:00 PM Free Meal!!

Mention total in day



Exercise  
(in min)

Water  
(in litres)



Program Expiry  
2-07-23

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Sneha Fafat

www.snehafafat.com

4/8/2023

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**Week 1 - Day 7**

Mark tick/cross in

7:30 AM 1 Coconut water

9:00 AM 1 methi thepla

1:00 PM 2 Methi thepla  
Curd + veggies

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

6:30 PM Murmura (+ Veggies + Green Chutney)

9:00 PM 1 Millet roti  
Sabji  
Kadi

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

Program Expiry  
2-07-23

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