

Weight: 121.5kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 5 - Day 1

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

8:00 AM

1 Coconut water

9:30 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM

Boil mint in water and add lemon + Salt/pepper

2:00 PM

Salad

2 Phulka

Paneer with mix Veg Sabji

5:30 PM

Roasted Makhana

8:30 PM

Soup

2 Katori Mix veg Khichadi

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

4/9/2023

Weight: 121.5kg

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Week 5 - Day 2

Mark tick/cross :

8:00 AM

1 Fruit

9:30 AM

2 besan chilla [+ cucumber/ lauki]

11:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM

1 Millet roti
Palak Dal

5:30 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:30 PM

Chicken
Saute / Grilled veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

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Week 5 - Day 3

Mark tick/cross in

8:00 AM 1 Coconut water

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

11:30 AM Boil mint in water and add lemon + Salt/pepper

2:00 PM 2 Phulkas
Palak Paneer

5:30 PM Roasted Makhana

8:30 PM 2 Methi Thepla
Kadi

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 5 - Day 4

Mark tick/cross in

8:00 AM

1 Fruit

9:30 AM

Fruit Smoothie / Bowl

Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM

Boil mint in water and add lemon + Salt/pepper

2:00 PM

Salad

2 Phulka

Sabji

Dal

5:30 PM

Roasted Makhana

8:30 PM

1 Millet roti

Sabji

kadi

Mention total in day



Exercise

(in min)

Water

(in litres)



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Week 5 - Day 5

Mark tick/cross in

8:00 AM

1 Coconut water

9:30 AM

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

11:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM

Salad

1 Katori Rice

Sambar with veggies

5:30 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

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) 

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Sneha Fafat

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4/9/2023

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Week 5 - Day 6

Mark tick/cross in

8:00 AM 1 Coconut water

9:30 AM 2 Fruits

11:30 AM Boil mint in water and add lemon + Salt/pepper

2:00 PM Salad
2 Phulka
Sabji
Buttermilk

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:30 PM Free Meal!!

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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Week 5 - Day 7

Mark tick/cross in

8:00 AM 1 Fruit

9:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM 2 Idlis
Sambar Chutney

5:30 PM Roasted Makhana

8:30 PM 3 Slices Pizza
Broccoli Almond Soup

Mention total in day

 Exercise
(in min)

 Water
(in litres)

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21-06-23

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