

Weight: 67.1 kg      Name: Akanksha    Age: 29 Yrs      Height: 160 Cms

**Week 12 - Day 1**

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

10:00 AM      2 Eggs + Veggies

2:00 PM      Salad  
1 Phulka  
Paneer with mix Veg Sabji

5:30 PM      8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 PM      Soup  
2 Katori Veg Khichadi

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

4/11/2023

Weight: 67.1 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

**Week 12 - Day 2**

Mark tick/cross :

10:00 AM

Fruit Smoothie / Bowl

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

2:00 PM

1 Phulka

Sabji

Dal

5:30 PM

1 Fruit

8:30 PM

Salad

1 Katoris Rice

1 Katori Rajma

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

10-04-23

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4/11/2023

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**Week 12 - Day 3**

Mark tick/cross :

10:00 AM 2 Eggs + Veggies

2:00 PM 1 Phulkas  
Palak Paneer

5:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 PM Grilled Chicken  
Saute veggies

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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4/11/2023

Weight: 67.1 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

## Week 12 - Day 4

Mark tick/cross in

10:00 AM

Fruit Smoothie / Bowl

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

2:00 PM

Salad

1 Phulka

Gobi Matar Sabji

Dal

5:30 PM

1 Fruit

8:30 PM

2 Tacos

Salsa

Rajma

1 Cube Cheese

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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4/11/2023

Weight: 67.1 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

**Week 12 - Day 5**

Mark tick/cross in

10:00 AM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

2:00 PM Salad  
1 Katori Rice  
Sambar

5:30 PM 1 Fruit

8:30 PM 2 Small Chilla (Besan + Cucumber/ Lauki)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

Program Expiry  
10-04-23

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4/11/2023

Weight: 67.1 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

## Week 12 - Day 6

Mark tick/cross :

10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

2:00 PM Saute Veggies  
1 Katori Hummus  
2 Falafel Grilled

5:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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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4/11/2023

Weight: 67.1 kg

Name: Akanksha Age: 29 Yrs

Height: 160 Cms

**Week 12 - Day 7**

Mark tick/cross :

10:00 AM

1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

2:00 PM

Veg. Pasta

(1 Katori Pasta + Veggies Of Your Choice, No Cheese)

5:30 PM

1 Fruit

8:30 PM

Grilled Paneer

Grilled Veggies

Mention total in day



Exercise

(in min)

Water

(in litres)



Program Expiry

10-04-23

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