

Weight: 85 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 2 - Day 1

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

7:30 AM

Lemon & Mint Water

9:00 AM

1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

1:00 PM

Salad
2 Phulka
Sabji
Dal

4:30 PM

8 Almonds (Eat One At A Time, Chew Well)

6:30 PM

Sprouts Bhel
1 Katori Sprouts + Murrma + veggies

9:00 PM

Soup
3-4 Slices Thin Crust Pizza (Mushroom/Paneer)

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.



Weight: 85 kg

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Week 2 - Day 2

Mark tick/cross in

7:30 AM

Tulsi tea (boil tulsi leaves in water)

9:00 AM

1 veg. uttapam [+capsicums, tomatoes, onions]
sambhar/ green chutney

1:00 PM

2 Phulkas
Gobi Matar
Dal

4:30 PM

20g Raisins (Eat One At A Time, Chew Well)

6:30 PM

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

9:00 PM

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

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 3

Mark tick/cross in

7:30 AM

Lemon & Mint Water

9:00 AM

1 missi roti [methi/ corainder leaves + 50% besan/ ragi]

1:00 PM

2 missi roti [methi/ corainder leaves + 50% besan/ ragi]
Raita + Veggies

4:30 PM

20g Raisins (Eat One At A Time, Chew Well)

6:30 PM

2 Mangoes

9:00 PM

Saute Veggies
1 Katori Hummus
2 Grilled Falafel Grilled [Can have wrapped in a lettuce]

Mention total in day



Exercise
(in min)

Water
(in litres)



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2-07-23

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Sneha Fafat

www.snehafafat.com

4/17/2023

Weight: 85 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 2 - Day 4

Mark tick/cross i

7:30 AM

Lemon & Mint Water

9:00 AM

1 Katori Boiled Chana

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

1:00 PM

Salad

2 Phulka

Sabji

Dal

4:30 PM

8 Almonds (Eat One At A Time, Chew Well)

6:30 PM

Mango Smoothie / Bowl

Mango + 100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

9:00 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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Week 2 - Day 5

Mark tick/cross in

7:30 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM 1 Glass Milk (No Sugar) + 1 Tbsp Chia Seeds

1:00 PM Salad
2 Phulka
Sabji
Buttermilk

4:30 PM 8 Almonds (Eat One At A Time, Chew Well)

6:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

9:00 PM 2 Katori Palak Khichadi
Kadi

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
2-07-23

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Sneha Fafat

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4/17/2023

Weight: 85 kg

Name: Hina

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Height: 162 Cms

Week 2 - Day 6

Mark tick/cross i

7:30 AM Lemon & Mint Water

9:00 AM 1 Stuffed roti [cauliflower/ cabbage]

1:00 PM Salad
2 Phulka
Sabji
Dal

4:30 PM 20g Raisins (Eat One At A Time, Chew Well)

6:30 PM Sprouts Bhel
1 Katori Sprouts + Murmrua + veggies

9:00 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



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4/17/2023

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Week 2 - Day 7

Mark tick/cross in

7:30 AM

Tulsi tea (boil tulsi leaves in water)

9:00 AM

Veggies In Tomato Basil Sauce
1 Bread

1:00 PM

Salad
Sandwich
[2 Bread + Veggies + 1 Slice Cheese]

4:30 PM

8 Almonds (Eat One At A Time, Chew Well)

6:30 PM

Mango Smoothie / Bowl
Mango + 100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

9:00 PM

Salad
1 Millet roti
Sabji
Dal

Mention total in day



Exercise
(in min)

Water
(in litres)



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2-07-23

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