

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 1

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

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad
2 Phulka
Sabji

5:30 PM 2 Eggs + veggies

8:30 PM Salad
1 Millet roti
Sabji
Kadi

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.



22-04-23

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 2

Mark tick/cross in

8:00 AM 1 Coconut water

9:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Herbed Rice - 1.5 Katori
Paneer In any Veg Gravy

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Veg. Pasta
1 Katori Boiled Pasta
+ lot of Veggies/ vegetable gravy Of Choice,
+ 1 Cube Cheese

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-06-23

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22-04-23

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 3

Mark tick/cross in

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 1 Bread + 40g Paneer + Veggies

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

2:00 PM 2 Palak Roti

Kadi

Salad

5:30 PM Roasted Makhana

8:30 PM Grilled Chicken

Saute Veggies

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.



22-04-23

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 4

Mark tick/cross in

8:00 AM 1 Coconut water

9:30 AM 1 Mango + 10 Almonds

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM Salad
2 Phulka
Sabji
Buttermilk

5:30 PM 2 Eggs + veggies

8:30 PM 1 Katori Spaghetti
Tomato Basil Sauce (or any vegetable gravy)
Saute veggies

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
21-06-23

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Sneha Fafat

www.snehafafat.com

22-04-23

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 5

Mark tick/cross in

8:00 AM 1 Coconut water

9:30 AM 2 besan chilla [+ cucumber/ lauki]

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

2:00 PM 2 Stuffed Lauki Roti
Kadi

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Chole Tikki
2 Cutlet (Sprouts + Veggies) [Grilled, Min Oil] + Ragda/ Chole (min oil)
Green Chutney

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-06-23

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B) Refer General Guidelines.



22-04-23

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 6

Mark tick/cross in

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 1 Mango + 10 Almonds

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

2:00 PM 1 Katori Curd + 1 Katori Rajma + Veggies
1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

5:30 PM Roasted Makhana

8:30 PM Free Meal!!

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-06-23

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22-04-23

Weight: 120.8kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 7 - Day 7

Mark tick/cross in

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 1 Mango + 10 Almonds

11:30 AM Tulsi tea (boil tulsi leaves in water)

2:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan)
Raita (1 Katori Curd + Veggies)

5:30 PM 2 Eggs + veggies

8:30 PM 2 Phulka
1 Katori Aamras

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
21-06-23

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