

Weight: 120.8kg

Name: Varun

Age: 28 Yrs

Height: 178 Cms

### Week 8 - Day 1

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

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1 Fruit + 1 Egg

11:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM Salad  
1 Phulka  
Sabji  
Dal

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad  
1 Stuffed Roti  
Black dal

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

5/8/2023

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**Week 8 - Day 2**

Mark tick/cross in

8:00 AM 3 tsp black til seeds

9:30 AM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

11:30 AM Buttermilk with tadka and pudina ginger

2:00 PM Salad  
1 Katori Rice  
Chicken

5:30 PM Pop-corn

8:30 PM 1 Palak Roti  
Kadi

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 8 - Day 3

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1 Fruit + 1 Egg

11:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM 1 Phulka  
Chole  
Salad

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 1 Phulka  
Cabbage And Peas Sabji  
1 Katori Palak Dal

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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## Week 8 - Day 4

Mark tick/cross in

8:00 AM 3 tsp black til seeds

9:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]

11:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM 3 Slices Pizza  
Soup

5:30 PM Pop-corn

8:30 PM Grilled Chicken  
Saute veggies  
1/2 katori Rice

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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**Week 8 - Day 5**

Mark tick/cross in

8:00 AM 3 tsp black til seeds

9:30 AM 1 Mango + 10 Almonds

11:30 AM Buttermilk with tadka and pudina ginger

2:00 PM 1 Katori Rice  
Paneer with mix veg Sabji

5:30 PM Pop-corn

8:30 PM Palak Soup  
Grilled Fish

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 8 - Day 6

Mark tick/cross :

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM Hot Chocolate (Home Made)  
[Milk + 1 tbsp Chocolate syrup]

11:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM Salad  
1 Phulka  
Sabji

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Free Meal!!

Mention total in day

 Exercise  
(in min)

 Water  
(in litres)

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## Week 8 - Day 7

Mark tick/cross in

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1 Glass Milk + 1 tbsp Chia seeds

11:30 AM Buttermilk with tadka and pudina ginger

2:00 PM Salad + 2 tsp seeds (sauf/ til seeds/ melon seeds/ flax seeds)

1 Phulkas  
Sabji

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad  
+ 1 Egg  
+ 3 tsp Mixseeds (sunflower/ flax/ til/ sauf/ melon)

Mention total in day

 Exercise  
(in min)

Water  
(in litres) 

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21-06-23

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