

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 1

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

9:30 AM 1 Mutigrain Bread + 1 Glass Milk

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

2:00 PM Salad
2 Phulka
Sabji

5:30 PM Roasted Makhana

8:30 PM Salad
2 Katoris Vegetable Briyani

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

22-05-23

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 2

Mark tick/cross in

9:30 AM 2 Eggs +Veggies

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

2:00 PM Salad
2 Phulka
Sabji
dal

5:30 PM Pop-corn

8:30 PM 2 Katori Palak Khichadi
Curd

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

22-05-23

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 3

Mark tick/cross in

9:30 AM 2 Eggs +Veggies

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

2:00 PM Salad
2 Phulka
Sabji
Dal

5:30 PM Pop-corn

8:30 PM Salad
1 Katori Rice
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

22-05-23

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 4

Mark tick/cross in

9:30 AM 1 Mutigrain Bread + 1 Glass Milk

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

2:00 PM 2 Phulka
Paneer Sabji
Salad

5:30 PM Roasted Makhana

8:30 PM Salad
1 Katori Rice
Chicken

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

22-05-23

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 5

Mark tick/cross in

9:30 AM 2 Eggs +Veggies

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

2:00 PM Salad
2 Phulka
Chicken

5:30 PM Roasted Makhana

8:30 PM 1 Katori Rice
Chole
Salad

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

22-05-23

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 6

Mark tick/cross in

9:30 AM 1 Mutigrain Bread + 1 Glass Milk

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

2:00 PM Salad
2 Phulka
Eggs Sabji

5:30 PM Pop-corn

8:30 PM Free Meal!!

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

22-05-23

Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

Week 10 - Day 7

Mark tick/cross in

9:30 AM 1 Mutigrain Bread + 1 Glass Milk

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

2:00 PM Salad
2 Phulka
Sabji
Dal

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.