

Weight: 80.5 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

Week 4 - Day 1

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

8:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:30 AM 2 Eggs + Veggies

1:30 PM Salad + Sprouts + Curd
1/2 Katori Rice
Dal

4:30 PM Watermelon + Feta Cheese- 40g

7:30 PM 3-4 Grilled Vegetable Tikki with aloo
(use non- stick pan, 1 tsp oil)
Green Chutney

10:30 PM Roasted Makhana

Mention total in day

 **Exercise**
(in min)

Water
(in litres) 

Program Expiry
11-08-23

A) If need be diet plan days can be interchanged within a week.

B) Refer General Guidelines.



08-06-23

Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 4 - Day 2

Mark tick/cross in

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

10:30 AM 1 Bread
1 Egg + veggies

1:30 PM Salad
1 katori Rice
Chole

4:30 PM 1 Mango

7:30 PM Grilled Chicken
Veggies

10:30 PM Sprouts Salad (1 Katori Sprouts + veggies + tadka)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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Sneha Fafat

www.snehafafat.com

08-06-23

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Week 4 - Day 3

Mark tick/cross in

8:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:30 AM 2 Eggs + Veggies

1:30 PM Salad + curd

1 Katori Rice
Palak Dal

4:30 PM Watermelon + Feta Cheese- 40g

7:30 PM Paneer Salad
Grilled/Saute Paneer (6 Pcs.)
+ Veggies

10:30 PM Roasted Makhana

Mention total in day



Exercise
(in min)

Water

(in litres)



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11-08-23

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08-06-23

Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 4 - Day 4

Mark tick/cross in

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

10:30 AM 1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

1:30 PM 1 Egg
1 Katori Rice
Cabbage And Peas Sabji
Dal

4:30 PM 1 Mango

7:30 PM Steamed/ Grilled Veggies
2 katoris Curd Rice

10:30 PM Sprouts Salad (1 Katori Sprouts + veggies + tadka)

Mention total in day



Exercise
(in min)

Water

(in litres)



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Week 4 - Day 5

Mark tick/cross in

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

10:30 AM 2 Eggs + Veggies

1:30 PM Salad
1 katori Rice
Sambar

4:30 PM Watermelon + Feta Cheese- 40g

7:30 PM 2-3 Idlis
2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)
Chutney

10:30 PM Sprouts Salad (1 Katori Sprouts + veggies + tadka)

Mention total in day



Exercise
(in min)

Water
(in litres)



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08-06-23

Weight: 80.5 kg Name: Sandeep

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Week 4 - Day 6

Mark tick/cross in

8:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:30 AM 1 methi thepla

1 Egg

1:30 PM 2 Katori Mix veg Pulav

Curd + Veggies

4:30 PM 1 Mango

7:30 PM Free Meal!!

10:30 PM Nil

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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08-06-23

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Week 4 - Day 7

Mark tick/cross in

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

10:30 AM 2 Eggs + Veggies

1:30 PM 1 katori Rice

Rajma

Salad

4:30 PM 1 Mango

7:30 PM 2 Katoris Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:30 PM Roasted Makhana

Mention total in day



Exercise
(in min)

Water

(in litres)



Program Expiry
11-08-23

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