

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

Week 5 - Day 1

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

8:30 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

10:30 AM 1 Bread
1 Egg + veggies

1:30 PM Salad
1 Katori Rice
Paneer with mix veggies Sabji

4:30 PM 1 Coconut water
2 tsp Mix seeds

7:30 PM 1 Katori Boiled Noodles
+ Saute veggies (can also have like a soup)

10:30 PM 1 Egg

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.



Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 5 - Day 2

Mark tick/cross in

8:30 AM 1 Tsp Methi Seeds (soaked)

10:30 AM 2 Eggs + Veggies

1:30 PM Salad
1 katori Rice
Mix veg

4:30 PM Buttermilk
2 tsp Mix seeds

7:30 PM 2 Phulka
Sabji

10:30 PM 1 Mango

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 5 - Day 3

Mark tick/cross in

8:30 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

10:30 AM 1 Bread
1 Egg + veggies

1:30 PM Salad
1 Katori Rice
Lauki Dal

4:30 PM Buttermilk
2 tsp Mix seeds

7:30 PM 1.5 Katoris Millet Khichadi
with lots of veggies and tadka
+ 1 tsp ghee (from top)

10:30 PM 1 Egg

Mention total in day

 Exercise
(in min)

Water
(in litres) 

Program Expiry
11-08-23

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Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 5 - Day 4

Mark tick/cross :

8:30 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

10:30 AM 1 Katori Poha
+ 1 Egg

1:30 PM 1 Katori Rice
Onion Tomato Dal

4:30 PM 1 Coconut water
2 tsp Mix seeds

7:30 PM Saute Veggies
1 Katori Hummus
2 Falafel Grilled [Can have wrapped in a lettuce]

10:30 PM 1 Mango

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 5 - Day 5

Mark tick/cross :

8:30 AM 1 Tsp Methi Seeds (soaked)

10:30 AM 1 Bread
1 Egg + veggies

1:30 PM Salad
1 Katori Rice
Curd with tadka

4:30 PM 1 Coconut water
2 tsp Mix seeds

7:30 PM Salad
1 Katori Rice
Mix Dal

10:30 PM 1 Egg

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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Sneha Fafat

www.snehafafat.com

6/17/2023

Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 5 - Day 6

Mark tick/cross :

8:30 AM Sauf Water (soak 1 tsp Sauf overnight in water,eat sauf also)

10:30 AM 1 Katori Upma
+ 1 Egg

1:30 PM Salad
1 Katori Rice
Chicken

4:30 PM Buttermilk
2 tsp Mix seeds

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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Sneha Fafat

www.snehafafat.com

6/17/2023

Weight: 80.5 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 5 - Day 7

Mark tick/cross :

8:30 AM 1 Tsp Methi Seeds (soaked)

10:30 AM 2 Eggs + Veggies

1:30 PM 2 Phulka
Sabji

4:30 PM Buttermilk
2 tsp Mix seeds

7:30 PM Salad
1 Stuffed Lauki Roti
Kadi

10:30 PM 1 Mango

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
11-08-23

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