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Ex-Diet Consultant

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21-06-22

Weight: 72 kg Name: Neha Age: 36Yrs Height: 147 Cms

Week 1 - Day 1

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

8:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies]

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad 2 Phulka Sabji

Dal

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM 2 Palak roti

Cucumber Raita (Made of 1 Katori Curd)



4:00 PM

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









21-06-22

Weight: 72 kg Name: Neha Age: 36Yrs Height: 147 Cms

Week 1 - Day 2

Mark tick/cross	s i
8:30 AM	1 missi roti [methi/ corainder leaves + 50% besan/ ragi]
10:30 AM	1 Coconut water
1:00 PM	2 Phulka
	Methi Matar Sabji 1 Katori Thick Dal with Onions and Tomatoes
4:00 PM	Lemon & Mint Water
6:30 PM	Pop-corn
8:30 PM	Cucumber And cabbage Salad 2-3 Moong dal chilla (+ carrot, cucumber) onion tomato chutney



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- B) Refer General Guidelines.









21-06-22

Weight: 72 kg	Name: Neha	Age: 36Yrs	Height: 147 Cms
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Week 1 - Day 3

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Mark tick/cross	i
8:30 AM	$1\frac{1}{2}$ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	2 Phulkas
	Palak Sabji
	1 Katori Whole Moong with Tadka & Veggies
4:00 PM	Tulsi tea (boil tulsi leaves in water)
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	Salad
	1.5 Katori Rice
	Paneer with Mix Sabji



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- B) Refer General Guidelines.









21-06-22

Weight: 72 kg	g Name: Neha	Age: 36Yrs	Height: 147 Cms
Week 1	- <u>Day 4</u>		
Mark tick/cross	i		
8:30 AM	2 besan chilla [+ cucumber,	/ lauki]	
10:30 AM	1 Coconut water		
1:00 PM	2 Phulka		
	Cabbage And Peas Sabji 1 Katori Palak Dal		
4:00 PM	Lemon & Mint Water		

Mention total in day

Exercise
(in min)

Water
(in litres)

6:30 PM

8:30 PM

Pop-corn

Salad

Sabji Dal/ Kadi

Program Expiry 13-09-22

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

1 Millet roti [jowar/ makka/ bajra/ ragi]

B) Refer General Guidelines.









21-06-22

Weight: 72 kg	Name: Neha	Age: 36Yrs	Height: 147 Cms

Week 1 - Day 5

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Mark tick/cross	i
8:30 AM	1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	Radish and Cucumber Salad
	1 onion roti / thalipith
	1 Katori Curd + Veggies
4:00 PM	Tulsi tea (boil tulsi leaves in water)
6:30 PM	Pop-corn
8:30 PM	Soup
	5 -6 Dhoklas



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- B) Refer General Guidelines.









21-06-22

Weight: 72 kg Name: Neha Age: 36Yrs Height: 147 Cms

Week 1 - Day 6

Mark tick/cross	i
8:30 AM	1 methi thepla
10:30 AM	1 Coconut water
1:00 PM	1 Katori Curd + 1 Katori Rajma +Veggies
	1 Phulka
	Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
4:00 PM	Tulsi tea (boil tulsi leaves in water)
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	Free Meal!!



- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









21-06-22

Weight: 72 kg	Cms
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Week 1 - Day 7

Mark tick/cross	i
8:30 AM	1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	Salad of choice
	2 Phulkas
	Matar Paneer
4:00 PM	Lemon & Mint Water
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi]
	Sabji
	Dal/ Kadi
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ention total in day	=
- Fyercise	



- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.