Sneha Fafat	www.snehafafat.com	Ex-Diet Consultant	
Registered Dietician #63/08 +91 9890601345		Lilavati Hospital, Mumbai Bombay Hospital, Mumbai	
<u>Member</u> : Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism, Indian Dietetic Association, International confederation of Dietetic Associations,			

Asian Federation of Dietetic Associations, Orange City Runners

7/9/2022

Weight: 79 kg Name: Anjali Age: 59Yrs Height: 152 Cms

Week 1 - Day 1

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

6:40 AM	1 Coconut water
8:30 AM	1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
10:30 AM	20g Raisin (Eat One At A Time, Chew Well)
1:00 PM	2 Phulka
	Cabbage And Peas Sabji
4:00 PM	3 tsp black til seeds
6:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 05-10-22



7/9/2022

Weight: 79 k	g Name: Anjali	Age: 59Yrs	Height: 152 Cms
Week 1	<u>- Day 2</u>		
Mark tick/cross	3 i		
6:40 AM	8 Pcs. Walnuts (Eat One At A	A Time, Chew W	ell)
8:30 AM	1 besan chilla [+ cucumber/	lauki]	
10:30 AM	1 Egg		
1:00 PM	Salad		
	2 Phulka Sabji		
4:00 PM	10 Pistachionuts (Eat One A	t A Time, Chew V	Nell)
6:00 PM	2 Fruits + 2 tsp seeds (flax/	Black til/ Melon/	' Sunflower)
8:00 PM	2 Onion roti / thalipith		
	Chutney		



Program Expiry 05-10-22



Age: 59Yrs

Height: 152 Cms

7/9/2022

	<u>v</u>
Mark tick/cross	i
6:40 AM	1 Coconut water
8:30 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
10:30 AM	20g Raisin (Eat One At A Time, Chew Well)
1:00 PM	2 Phulka Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
4:00 PM	3 tsp black til seeds
6:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:00 PM	Salad + 1 Katori Peanuts 1 Phulka Sabji
Mention total in day	
Exercise	
(in min)	

Name: Anjali



Weight: 79 kg

Week 1 - Day 3



Age: 59Yrs

Height: 152 Cms

7/9/2022

Week 1	<u>- Day 4</u>
Mark tick/cross	; i
6:40 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
8:30 AM	4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)
10:30 AM	20g Raisin (Eat One At A Time, Chew Well)
1:00 PM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
4:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
6:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:00 PM	Salad + 1 Egg 1 Millet roti Sabji

Name: Anjali



Weight: 79 kg

Program Expiry 05-10-22



7/9/2022

Weight: 79 kg	Name: Anjali	Age: 59Yrs	Height: 152 Cms		
Week 1 -	<u>Week 1 -</u> <u>Day 5</u>				
Mark tick/cross	i				
6:40 AM	8 Pcs. Walnuts (Eat One At	A Time, Chew We	ell)		
8:30 AM	1½ katoris upma [made of o	oats/ sevaiya + ve	ggies]		
10:30 AM	1 Egg				
1:00 PM	1 Phulka				
	Chole Cucumber Raita				
4:00 PM	10 Pistachionuts (Eat One A	At A Time, Chew V	Vell)		
6:00 PM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)				
8:00 PM	Salad				
	1 Millet roti Sabji				
	Dal				
Mention total in day					
Exercise (in min)					
Water 🦷	-				

Program Expiry 05-10-22

(in litres) 📃



Age: 59Yrs

Height: 152 Cms

7/9/2022

Week 1 -	Day 6

Mark tick/cross i

Weight: 79 kg

6:40 AM	1 Coconut water
8:30 AM	1 Katori Peanuts [boiled/ roasted]
	+ veggies
10:30 AM	1 Egg
1:00 PM	2 Phulkas
	Paneer with Mix Veg.
4:00 PM	3 tsp black til seeds
6:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:00 PM	Free Meal!!

Name: Anjali



Program Expiry 05-10-22



7/9/2022

Weight: 79 kg	Name: Anjali	Age: 59Yrs	Height:	152 Cms
<u>Week 1 -</u>	<u>Day 7</u>			
Mark tick/cross	i			
6:40 AM	1 Coconut water			
8:30 AM	2 Idlis + sambar chutney			
10:30 AM	20g Raisin (Eat One At A Ti	me, Chew Well)		
1:00 PM	Salad			
	1 Katoris Rice Rajma			
4:00 PM	10 Pistachionuts (Eat One A	t A Time, Chew W	Vell)	
6:00 PM	2 Fruits + 2 tsp seeds (flax/	Black til/ Melon/	Sunflow	er)
8:00 PM	2 Katori Palak Khichadi			
Iention total in day Exercise				



Program Expiry 05-10-22