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 7/21/2022		

Weight: 78.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms

#### <u>Week 3 - Day 1</u>

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

6:40 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
8:30 AM	2 besan chilla [+ cucumber/ lauki]
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
1:00 PM	Salad + Sprouts
	2 Phulka Sabji
4:00 PM	4 Dates (Eat Half At A Time, Chew Well)
6:00 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	Clear Vegetable Soup
	2 Katoris Oats Upma (+ mix veggies)



Program Expiry 05-10-22



Weight: 78.5 kg	g Name: Anjali	Age: 59Yrs	Height: 152 Cms
Week 3	<u>Day 2</u>		
Mark tick/cross	i		
6:40 AM	1 Tsp Methi Seeds (soaked)	)	
8:30 AM	2 Fruits + 2 tsp seeds (flax/	Black til/ Melon,	/ Sunflower)
10:30 AM	1 Fruit		
1:00 PM	Salad		
	2 Phulkas Matar Paneer		
4:00 PM	10 Pistachionuts (Eat One A	At A Time, Chew V	Well)
6:00 PM	1 Katori Peanuts [boiled/ r	oasted]	
8:00 PM	2 Katoris Veg. Khichadi		
	Cabbage soup		
Mention total in day			
Energies	/ 		



Program Expiry 05-10-22



Weight: 78.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

### Week 3 - Day 3

Mark tick/cross i

6:40 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
8:30 AM	1 Dosa
	chutney
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
1:00 PM	Salad (+ moth sprouts)
	2 Phulkas
	Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
4:00 PM	4 Dates (Eat Half At A Time, Chew Well)
6:00 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	2-3 Idlis
	2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Program Expiry 05-10-22



Weight: 78.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

### Week 3 - Day 4

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	1 <sup>1</sup> / <sub>2</sub> katoris poha [+ beans, carrot, capsicum, peas etc.]
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
1:00 PM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
4:00 PM	4 Dates (Eat Half At A Time, Chew Well)
6:00 PM	1 Katori Peanuts [boiled/ roasted]
8:00 PM	Sprouts Salad 2 Katori Veg pulav [1 katori cooked rice] Kadi



Program Expiry 05-10-22



Weight:	785	kσ
weight.	10.5	Ng

Name: Anjali

Age: 59Yrs

Height: 152 Cms

### Week 3 - Day 5

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)
10:30 AM	1 Fruit
1:00 PM	2 Phulka
	Cabbage And Peas Sabji
	1 Katori Palak Dal
4:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
6:00 PM	1 Katori Peanuts [boiled/ roasted]
8:00 PM	1 ½ Katori Sprouts [with tadka]
	sauted Veggies
	Curd + Herbs for dressing



Program Expiry 05-10-22



Age: 59Yrs

Height: 152 Cms

### 7/21/2022

Week 3 -	<u>Day 6</u>

Mark tick/cross i

Weight: 78.5 kg

6:40 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
8:30 AM	1 methi thepla
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
1:00 PM	Salad
	1 Katori Rice
	Chole
4:00 PM	4 Dates (Eat Half At A Time, Chew Well)
6:00 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	Free Meal!!

Name: Anjali



Program Expiry 05-10-22



# 7/21/2022

Weight: 78.5 k	g Name: Anjali	Age: 59Yrs	Height: 152 Cms
Week 3	<u>- Day 7</u>		
Mark tick/cross	<b>3</b> i		
6:40 AM	8 Pcs. Walnuts (Eat One A	t A Time, Chew V	Vell)
8:30 AM	2 Fruits + 2 tsp seeds (flax)	/ Black til/ Melor	n/ Sunflower)
10:30 AM	1 Fruit		
1:00 PM	Salad	/1 · / ·]	
	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	1 Katori Peanuts [boiled/	roasted]	
8:00 PM	Veg. Pasta		
	1 Katori Boiled Pasta + lot of Veggies/ vegetabl + 1 Cube Cheese	e gravy Of Choice	е,
Mention total in day			
Exercise			

(in litres) Program Expiry 05-10-22

Water

(in min)