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Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Member: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism,

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Asian Federation of Dietetic Associations, Orange City Runners

7/29/2022

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 6 - Day 1

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

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM Salad

2 Phulka Sabji Dal

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM Salad

1.5 Katori Rice Black Dal

Mention total in day



Water (in litres)



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









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7/29/2022

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 6 - Day 2

Mark tick/cross

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM Salad

2 Phulka Sabji

Palak Dal

3:30 PM 4 Dates (Eat Half At A Time, Chew Well)

5:30 PM Roasted Makhana

8:00 PM 1 Katori Curd + 1 Katori Rajma + Veggies

1 Phulka

Green Leafy Vegetable (Cabbage/Methi/Sarson etc)

Mention total in day



Water (in litres)



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7/29/2022

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 6 - Day 3

Mark tick/cross

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM Salad

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

Sabji Dal/ Kadi

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM 2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)

Mention total in day



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7/29/2022

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 6 - Day 4

Mark tick/cross

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM 2 Stuffed Roti (peas)

Tomato Chutney

3:30 PM 4 Dates (Eat Half At A Time, Chew Well)

5:30 PM Roasted Makhana

8:00 PM Soup

3 Slices Pizza

Mention total in day



Water (in litres)



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7/29/2022

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 6 - Day 5

Mark tick/cross

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM Salad

2 Phulka Sabji

Buttermilk

3:30 PM 4 Dates (Eat Half At A Time, Chew Well)

5:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM 2 Phulka

Cabbage And Peas Sabji

Mention total in day



Water (in litres)



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7/29/2022

Weight: 79 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

Week 6 - Day 6

Mark tick/cross

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM Salad + Sprouts

2 Phulka Sabji Buttermilk

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney)

8:00 PM Free Meal!!

Tree wiear

Mention total in day



Water (in litres)



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









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7/29/2022

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Week 6 - Day 7

| Mark tick/cross | Mark | tick/ | cross | i |
|-----------------|------|-------|-------|---|
|-----------------|------|-------|-------|---|

Night 9pm Lemon water [or] to Mint water [or]

Afternoon 12 sauf water [or] Cinnamon water [or]

Green Tea

12:00 PM 2 Stuffed Lauki Roti

Kadi

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5:30 PM Roasted Makhana

8:00 PM Salad

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

Sabji

Dal/ Kadi

Mention total in day



Water (in litres)



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