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#### www.snehafafat.com

**Ex-Diet Consultant** 

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Member: 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

8/7/2022

Weight: 80 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

### Week 7 - 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

**Buttermilk** 

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

8:00 PM 2 Stuffed Roti (Cauliflower)

1 Katori dahi + veggies

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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8/7/2022

Weight: 80 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

**Week 7 -** 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

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

Sabji

Dal/ Kadi

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

8:00 PM 2-3 Moong dal chilla (+lauki)

Green Chutney

Mention total in day



Water (in litres)



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8/7/2022

Weight: 80 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

**Week 7 -** 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 Phulka Sabji

Buttermilk

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM Salad

1 Katori Rice 1 Katori Rajma

Mention total in day



Water (in litres)



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- B) Refer General Guidelines.









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8/7/2022

| Weight:                   | 80 kg         | I  | Vame:    | Saniya                      | Age: 1  | 16   | Yrs     | Height:   | 155    | Cms       |
|---------------------------|---------------|--|----------|-----------------------------|---------|------|---------|-----------|--------|-----------|
| <u>We</u>                 | <u>ek 7 -</u> | Day 4  |          |                             |         |      |         |           |        |           |
| Mark ticl                 | k/cross       | i  |          |                             |         |      |         |           |        |           |
| Night 9<br>to<br>Afternoo | -             | Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea |          |                             |         |      |         |           |        |           |
| 12:00 P                   | PM            | 2 Stuffed Pa<br>Kadi   | alak Ro  | oti                         |         |      |         |           |        |           |
| 3:30 P                    | M             | Tulsi tea (b   | oil tuls | i leaves in v               | water)  |      |         |           |        |           |
| 5:30 P                    | M             |  | ,        | Walnuts + A<br>A to be adde |         | ds · | + FlaxS | Seeds + I | Oates  | + Anjeer) |
| 8:00 P                    | M             | 1 Katori Bo  | iled No  | oodles + Sau                | ute veg | gie  | es (can | also hav  | e like | a soup)   |



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8/7/2022

Weight: 80 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

**Week 7 -** 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 1.5 Katori rice

Sabji Dal

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM 2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)





Water (in litres)



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- B) Refer General Guidelines.









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8/7/2022

Weight: 80 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

**Week 7 -** Day 6

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

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

Green Tea

12:00 PM Salad

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

Sabji

Dal/ Kadi

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM Fru

Fruit Smoothie / Bowl

Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM Free Meal!!

Mention total in day



Water (in litres)



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- B) Refer General Guidelines.









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8/7/2022

Name: Saniya Age: 16 Yrs Height: 155 Cms Weight: 80 kg

**Week 7 -** Day 7

Mark tick/cross

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

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

Green Tea

12:00 PM 2 Phulka

Matar Paneer

3:30 PM Tulsi tea (boil tulsi leaves in water)

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

No sugar/ jaggery to be added

8:00 PM 2-3 Idlis

2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)

Chutney

Mention total in day



(in litres)



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