Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 <u>Ex-Diet Consultant</u> 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

20-08-22

Weight: 78 kg Name: Saniya Age: 16 Yrs Height: 155 Cms

#### Week 9 - Day 1

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

| Night 8pm<br>to<br>8am | Lemon water [or]<br>Mint water [or]<br>sauf water [or] Cinnamon water [or]<br>Green Tea            |
|------------------------|--|
| 8:30 AM                | 2 Fruits   |
| 12:30 PM               | Salad<br>2 Phulka<br>Sabji<br>Dal  |
| 4:30 PM                | Fruit Smoothie / Bowl<br>Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds |
| 7:00 PM                | 2 Dosa<br>Sambar chutney   |



Program Expiry 21-03-22



| Weight: | 78 | kσ |  |
|---------|----|----|--|
| weight. | 10 | ĸg |  |

Age: 16 Yrs F

Height: 155 Cms

## Week 9 - Day 2

Mark tick/cross i

| Night 8pm | Lemon water [or]                    |
|-----------|-------------------------------------|
| to        | Mint water [or]                     |
| 8am       | sauf water [or] Cinnamon water [or] |
|           | Green Tea                           |



Roasted Makhana



Salad 2 Phulka Paneer Peas Sabji

4:30 PM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)



1 Katori Boiled Noodles + Saute veggies (can also have like a soup)



Program Expiry 21-03-22



Weight: 78 kg

Age: 16 Yrs

Height: 155 Cms

# Week 9 - Day 3

Mark tick/cross i

| Lemon water [or]                    |
|-------------------------------------|
| Mint water [or]                     |
| sauf water [or] Cinnamon water [or] |
| Green Tea                           |
|                                     |



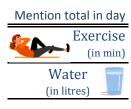
Pop-Corn



Salad 1 ½ Katoris Rice 1 Katori Rajma

4:30 PM 7:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies)

2 Moong dal chilla (+ Lauki/carrot) onion tomato chutney



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Age: 16 Yrs

Height: 155 Cms

### Week 9 - Day 4

Mark tick/cross i

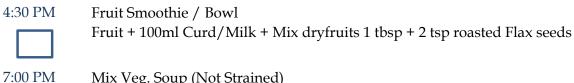
| Night 8pm | Lemon water [or]                    |
|-----------|-------------------------------------|
| to        | Mint water [or]                     |
| 8am       | sauf water [or] Cinnamon water [or] |
|           | Green Tea                           |
|           |                                     |



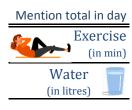
2 Fruits



2 Phulka Cabbage And Peas Sabji Dal



Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi



Program Expiry 21-03-22



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Height: 155 Cms

## Week 9 - Day 5

Mark tick/cross i

| Night 8pm | Lemon water [or]                    |
|-----------|-------------------------------------|
| to        | Mint water [or]                     |
| 8am       | sauf water [or] Cinnamon water [or] |
|           | Green Tea                           |
|           |                                     |



Roasted Makhana



Salad 2 Phulkas Chole

4:30 PM 7:00 PM

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)

2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)



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Height: 155 Cms

## Week 9 - Day 6

Mark tick/cross i

| Night 8pm | Lemon water [or]                    |
|-----------|-------------------------------------|
| to        | Mint water [or]                     |
| 8am       | sauf water [or] Cinnamon water [or] |
|           | Green Tea                           |



Pop-Corn



Salad 1 ½ Katoris Rice Black Dal

Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds



4:30 PM

Free Meal!!



Program Expiry 21-03-22



Age: 16 Yrs

Height: 155 Cms

# Week 9 - Day 7

Mark tick/cross i

| Night 8pm<br>to<br>8am | Lemon water [or]<br>Mint water [or]<br>sauf water [or] Cinnamon water [or]<br>Green Tea |
|------------------------|---|
| 8:30 AM                | 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]                                  |
| 12:30 PM               | Salad<br>1 Millet roti<br>Sabji<br>Dal  |
| 4:30 PM                | Paneer Salad ( Paneer (6 Pcs.) + Veggies)   |
| 7:00 PM                | Salad<br>2 Phulkas<br>Besan/ Dal  |



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