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



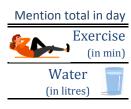
Pop-Corn



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



Program Expiry 21-03-22



Weight: 78 kg

Age: 16 Yrs

Height: 155 Cms

Week 9 - Day 4

Mark tick/cross i

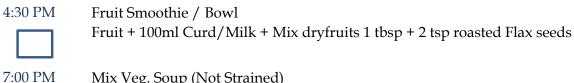
Night 8pm	Lemon water [or]
to	Mint water [or]
8am	sauf water [or] Cinnamon water [or]
	Green Tea



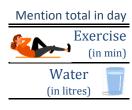
2 Fruits



2 Phulka Cabbage And Peas Sabji Dal



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



Program Expiry 21-03-22



Weight: 78 kg

Age: 16 Yrs

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)



Program Expiry 21-03-22



Weight: 78 kg

Age: 16 Yrs

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



Program Expiry 21-03-22