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Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

etc.]

<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

8/24/2022

Weight: 73 kg Name: Payal Age: 28Yrs Height: 160 Cms

# <u>Week 2 - Day 1</u>

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

7:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans
12:00 PM	Salad
	2 Phulka Sabji Dal
3:30 PM	Tulsi tea (boil tulsi leaves in water)
5:30 PM	Pop-corn
8:00 PM	2 Katoris Khichadi

2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 08-11-22



Weight: 73 k	g Name: Payal	Age: 28Yrs	Height: 160 Cms		
Week 2 - Day 2					
Mark tick/cros	5				
7:00 AM	Well)				
9:00 AM	1½ katoris upma [mac	le of oats/ sevaiya + v	veggies]		
12:00 PM	Salad				
	2 Phulka Paneer Peas Sabji				
3:30 PM	5 Apricot (Dried) (Eat	One At A Time, Chev	w Well)		
5:30 PM	1 Slice/ Cube Cheese				
	1 Fruit				
8:00 PM	1 Katori Boiled Noodle	es + Saute veggies (ca	n also have like a soup)		



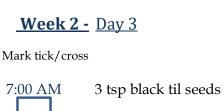
Program Expiry 08-11-22



Age: 28Yrs

# 8/24/2022

Height: 160 Cms



1 stuffed roti [peas/ dal]

Name: Payal



Weight: 73 kg

12:00 PM



Salad 1<sup>1</sup>/<sub>2</sub> Katoris Rice 1 Katori Rajma

3:30 PM

Tulsi tea (boil tulsi leaves in water)



Pop-corn





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



Program Expiry 08-11-22

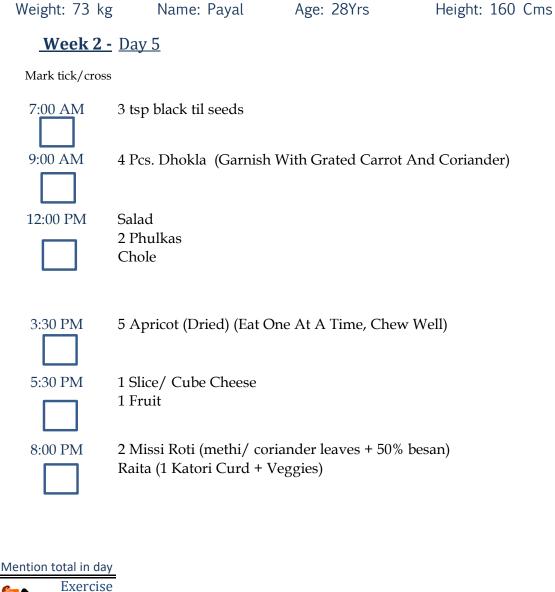


Weight: 73 k	g Name: Payal	Age: 28Yrs	Height: 160 Cms	
<u>Week 2 -</u> <u>Day 4</u>				
Mark tick/cross				
7:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)			
9:00 AM	1 Katori Boiled Chana			
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]			
12:00 PM	2 Phulka			
	Cabbage And Peas Sab Dal	ŋi		
3:30 PM	Tulsi tea (boil tulsi leav	ves in water)		
5:30 PM	1 Slice/ Cube Cheese			
	1 Fruit			
8:00 PM	Mix Veg. Soup (Not St 2 Katori Palak Khichad	,		



Program Expiry 08-11-22







Program Expiry 08-11-22





Name: Payal

Age: 28Yrs

Height: 160 Cms

# Week 2 - Day 6

Mark tick/cross

7:	00	Al	Μ
ן 9:	00	Al	l M

3 tsp black til seeds



1 Chilla [oats + onion + coriander + veggies]



Salad 1<sup>1</sup>/<sub>2</sub> Katoris Rice Black Dal



Tulsi tea (boil tulsi leaves in water)



Pop-corn





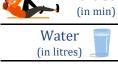
Free Meal!!



Program Expiry 08-11-22



Weight: 73 kg	Name: Payal	Age: 28Yrs	Height: 160 Cms	
<u>Week 2 -</u> Day 7				
Mark tick/cross				
7:00 AM	8 Pcs. Walnuts (Eat One A	At A Time, Chew Well	)	
9:00 AM	1 Katori Boiled Chana [+ Veggies + Green Chutr	ney + Coriander + Car	rot + Lemon]	
12:00 PM	Salad 1 Millet roti Sabji Dal			
3:30 PM	5 Apricot (Dried) (Eat On	e At A Time, Chew W	ell)	
5:30 PM	1 Slice/ Cube Cheese 1 Fruit			
8:00 PM	Salad 2 Phulkas Besan/ Dal			
Mention total in day Exercise				



Program Expiry 08-11-22