| Registered +91 989060 | | <u>Ex-Diet Consultant</u> Lilavati Hospital, Mumbai Bombay Hospital, Mumbai | |
|--|--|---|----------|
| <u>Member</u> : | Canadian Nutrition society, European Society fo Indian Dietetic Association, International confeder Asian Federation of Dietetic Associations, Orang | eration of Dietetic Associations, | 9/3/2022 |
| Weight: 74.7 kg | g Name: Anjali Age: 59Yrs | Height: 152 Cms | |
| <u>Week 8 - Day 1</u> | | | |
| Mark tick/cross in the box below time, mention anything extra you had and submit weekly. | | | |
| 6:40 AM | 10 Pistachionuts (Eat One At A Time, Che | ew Well) | |
| 8:30 AM | 1½ katoris rava upma [+ peas, tomatoes, o | coriander, beans etc.] | |
| 10:30 AM | Dal Water | | |

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

1:00 PM

5:00 PM

8:00 PM

Mention total in day

-)

Water (in litres)

Program Expiry 05-10-22

Exercise (in min)

Salad

1 Katori Rice Palak Dal

1 Coconut water

2 Katoris Khichadi

+ 1 tsp ghee (from top)

with lots of veggies and tadka



Weight: 74.7 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 8 - Day 2

Mark tick/cross i

| 6:40 AM | 1 Tsp Methi Seeds (soaked) |
|----------|---------------------------------|
| 8:30 AM | Saute Peas with onion |
| | |
| 10:30 AM | Tulsi tea (boil tulsi leaves in |
| 1:00 PM | Salad + 3 Tsp Mix Seeds |
| | 1 Phulka |

Tulsi tea (boil tulsi leaves in water)

Salad + 3 Tsp Mix Seeds 1 Phulka Sabji

5:00 PM 8:00 PM

1 Slice/ Cube Cheese

2 Moong dal chilla (+lauki) Green Chutney



05-10-22



Weight: 74.7 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 8 - Day 3

Mark tick/cross i

| 6:40 AM | 10 Pistachionuts (Eat One At A Time, Chew Well) |
|----------|---|
| 8:30 AM | 1 Katori Boiled Chana |
| | [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] |
| 10:30 AM | Dal Water |
| 1:00 PM | Salad |
| | 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi |
| 5:00 PM | 1 Coconut water |

8:00 PM Soup 3 Slices Pizza (Mushroom/Paneer)



Program Expiry 05-10-22



Weight: 74.7 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 8 - Day 4

Mark tick/cross i

| 6:40 AM | 1 Tsp Methi Seeds (soaked) |
|----------|--|
| 8:30 AM | 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander) |
| | |
| 10:30 AM | Tulsi tea (boil tulsi leaves in water) |
| 1:00 PM | Salad |
| | 1 Phulka |
| | Palak Paneer |
| 5:00 PM | 1 Slice/ Cube Cheese |

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



8:00 PM

Program Expiry 05-10-22



Weight: 74.7 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 8 - Day 5

Mark tick/cross i

| 6:40 AM | 1 Tsp Methi Seeds (soaked) |
|----------|----------------------------|
| 8:30 AM | Saute Peas with onion |
| | |
| 10:30 AM | Dal Water |
| | |

1:00 PM

Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi



1 Coconut water



Tossed Salad (Bell Peppers + Tomatoes + Cucumber + Zucchini) + Paneer (6 Pcs.)



05-10-22



Weight: 74.7 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 8 - Day 6

Mark tick/cross i

| 6:40 AM | 10 Pistachionuts (Eat One At A Time, Chew Well) |
|----------|--|
| 8:30 AM | 1 Katori Boiled Chana |
| | [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] |
| 10:30 AM | Dal Water |
| 1:00 PM | 1 Missi Roti (methi/ coriander leaves + 50% besan) |
| | Raita (1 Katori Curd + Veggies) |
| 5:00 PM | 1 Coconut water |
| 8:00 PM | Free Meal!! |



Program Expiry 05-10-22



Weight: 74.7 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 8 - Day 7

Mark tick/cross i

| 6:40 AM | 10 Pistachionuts (Eat One At A Time, Chew Well) |
|----------|---|
| 8:30 AM | 2 Idlis |
| | Sambar Chutney |
| 10:30 AM | Tulsi tea (boil tulsi leaves in water) |
| 1:00 PM | Bean Salad (1 Katori Rajma + Chopped Mix Veggies) |
| | + Curd |
| 5:00 PM | 1 Coconut water |





Veg. Pasta

1 Katori Boiled Pasta

- + lot of Veggies/ vegetable gravy Of Choice,
- + 1 Cube Cheese



Program Expiry 05-10-22