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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,

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9/7/2022

Name: Payal Age: 28Yrs Height: 160 Cms Weight: 71.5 kg **Week 4 - Day 1** Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 7:00 AM 4 Dates (Eat Half At A Time, Chew Well) 9:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.] 12:00 PM Salad 1.5 Katori Rice Palak Dal 3:30 PM 3 tsp black til seeds 5:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:00 PM 2 Katoris Khichadi with lots of veggies and tadka

# Mention total in day Exercise (in min) Water (in litres)

Program Expiry 08-11-22

A) If need be diet plan days can be interchanged within a week.

+ 1 tsp ghee (from top)

B) Refer General Guidelines.









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9/7/2022

Weight: 71.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

### **Week 4 -** Day 2

Mark tick/cross	i
7:00 AM	1 Tsp Methi Seeds (soaked)
9:00 AM	Saute Peas with onion
12:00 PM	Salad + 3 Tsp Mix Seeds 2 Phulka Sabji
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:30 PM	1 Glass Milk + 1 tbsp chia seeds
8:00 PM	2 Moong dal chilla (+lauki) Green Chutney

## Mention total in day Exercise (in min)





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- B) Refer General Guidelines.









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9/7/2022

Weight: 71.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

### **Week 4 -** Day 3

Mark tick/cross i		
7:00 AM	4 Dates (Eat Half At A Time, Chew Well)	
9:00 AM	1 Katori Boiled Chana	
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]	
12:00 PM	Salad	
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi	
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)	
5:30 PM	Murmura (+ Veggies + Green Chutney)	
8:00 PM	Soup	
	3 Slices Pizza (Mushroom/Paneer)	

## Mention total in day Exercise (in min)





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9/7/2022

Weight: 71.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

### **Week 4 -** Day 4

Mark tick/cross	i
7:00 AM	4 Dates (Eat Half At A Time, Chew Well)
9:00 AM	4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)
12:00 PM	Salad
	2 Phulka
	Palak Paneer
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:30 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)

## Mention total in day Exercise (in min)





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9/7/2022

Weight: 71.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

### **Week 4 -** Day 5

Mark tick/cross	i
7:00 AM	1 Tsp Methi Seeds (soaked)
9:00 AM	Saute Peas with onion
12:00 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:30 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	Tossed Salad
	(Bell Peppers + Tomatoes + Cucumber + Zucchini) + Paneer (6 Pcs.)

### Mention total in day



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- B) Refer General Guidelines.









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9/7/2022

Weight: 71.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

### **Week 4 -** Day 6

Mark tick/cross	<b>s</b> i
7:00 AM	4 Dates (Eat Half At A Time, Chew Well)
9:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
12:00 PM	2 Missi Roti (methi/ coriander leaves + 50% besan)
	Raita (1 Katori Curd + Veggies)
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:30 PM	Murmura (+ Veggies + Green Chutney)
8:00 PM	Free Meal!!

### Mention total in day



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- B) Refer General Guidelines.









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9/7/2022

Weight: 71.5 kg Name: Payal Age: 28Yrs Height: 160 Cms

### **Week 4 -** Day 7

Mark tick/cross	i
7:00 AM	1 Tsp Methi Seeds (soaked)
9:00 AM	2 Idlis
	Sambar Chutney
12:00 PM	Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
	1 Phulka Sabji
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:30 PM	1 Glass Milk + 1 tbsp chia seeds
8:00 PM	Veg. Pasta
	1 Katori Boiled Pasta
	+ lot of Veggies/ vegetable gravy Of Choice,
	+ 1 Cube Cheese

### Mention total in day



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