Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345

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, Asian Federation of Dietetic Associations, Orange City Runners

9/17/2022

Name: Payal Age: 28Yrs Height: 160 Cms Weight: 71 kg

<u>Week 5 - Day 1</u>

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

7:	00	Al	M	4
9:	00	Al	M	
			1	

4 Dates (Eat Half At A Time, Chew Well)



2 besan chilla [+ cucumber/ lauki]



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

3:	30	PN	1
	Γ		

20g Raisin (Eat One At A Time, Chew Well)

1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]



5:30 PM

2 Katori Daliya with Green Dal + Tadka + Veggies



Program Expiry 08-11-22



14/0:00	L 4.	74	1.0
Weig	nt:	11	ĸg

Age: 28Yrs

Height: 160 Cms

Week 5 - Day 2

Mark tick/cross i

7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:00 AM	1 ¹ ⁄ ₂ katoris poha [+ beans, carrot, capsicum, peas etc.]
12:00 PM	Radish and Cucumber Salad
	1 ½ Katoris Rice
	1 Katori Rajma
3:30 PM	Tulsi tea (boil tulsi leaves in water)
5:30 PM	1 Glass Milk Shake (1 Small Banana, No Sugar)
8:00 PM	Salad
	1 Millet roti Sabji
	Dal



Program Expiry 08-11-22



۱۸/	منم	ht	71	kg
vv	eig	m.	11	ĸу

Age: 28Yrs

Height: 160 Cms

Week 5 - Day 3

Mark tick/cross i

4 Dates (Eat Half At A Time, Chew Well)
1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
2 Phulka
Cabbage And Peas Sabji 1 Katori Dal
20g Raisin (Eat One At A Time, Chew Well) 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]
2 Phulka Black Dal



Program Expiry 08-11-22



۱۸/	eia	ht.	71	kg
V V	eiy	m.	11	ĸу

Age: 28Yrs

Height: 160 Cms

Week 5 - Day 4

Mark tick/cross i

7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
	``````````````````````````````````````
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas et



2 Phulka Sabji 1 Katori Dal

3:30 PM 5:30 PM

Tulsi tea (boil tulsi leaves in water)



1 Glass Milk Shake (1 Small Banana, No Sugar)



2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Program Expiry 08-11-22



w	eia	ht.	71	kg
• •	Cig	iit.		кg

Age: 28Yrs

Height: 160 Cms

# Week 5 - Day 5

Mark tick/cross i

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	2 Katoris Khichadi
	with lots of veggies and tadka + 1 tsp ghee (from top)
3:30 PM	Tulsi tea (boil tulsi leaves in water)
5:30 PM	1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]
8:00 PM	2 Phulka Methi Matar Sabji



Program Expiry 08-11-22



Weight: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

### Week 5 - Day 6

Mark tick/cross i

7:	<u>00 AM</u>	
9:	00 AM	

4 Dates (Eat Half At A Time, Chew Well)



2 besan chilla [+ cucumber/ lauki]

12:00 PM

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



5:30 PM

20g Raisin (Eat One At A Time, Chew Well)

1 Glass Milk Shake (1 Small Banana, No Sugar)



Free Meal!!



Program Expiry 08-11-22



۱۸/	منم	ht	71	kg
vv	eig	m.	11	ĸу

Age: 28Yrs

Height: 160 Cms

# Week 5 - Day 7

Mark tick/cross i

7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
	``````````````````````````````````````
9:00 AM	1 ¹ / ₂ Katori Sprouts [+ Veggies; Raw or half cooked



2 Phulka Sabji 1 Katori Dal

3:30 PM				
5:	30	PN	1	
			1	
			u.,	
8:0	00	PN	1	

1 Glass Milk Shake (1 Small Banana, No Sugar)

Tulsi tea (boil tulsi leaves in water)

Salad (+ moth sprouts) 2 Phulkas Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)



Program Expiry 08-11-22