

#### www.snehafafat.com

Ex-Diet Consultant

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<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

10/18/2022

Age: 31Yrs Weight: 70.6 kg Name: Trisha Height: 143Cms **Week 4 - Day 1** Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8:30 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] 10:30 AM **Buttermilk** 12:45 PM Salad + Sprouts + Curd 1 Phulka Sabji 3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well) 6:15 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney) 9:00 PM Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi

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

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









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Weight: 70.6 kg Name: Trisha Age: 31Yrs Height: 143Cms

Wee	k 4 -	Day	2

Mark tick/cross	i
8:30 AM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
12:45 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
3:30 PM	4 Dates (Eat Half At A Time, Chew Well)
6:15 PM	Roasted Makhana
9:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
	2 Phulka



Program Expiry 15-12-22

- A) If need be diet plan days can be interchanged within a week.
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Weight: 70.6 kg Name: Trisha Age: 31Yrs Height: 143Cms

#### Week 4 - Day 3

WCCHI	<u> Duy o</u>
Mark tick/cross	i
8:30 AM	1 Chilla [oats + onion + coriander + veggies]
10:30 AM	Buttermilk
12:45 PM	Fresh Methi Salad + Sprouts
	2 Phulka Sabji
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
6:15 PM	Roasted Makhana
9:00 PM	2-3 Moong dal chilla (+lauki)
	Green Chutney



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Weight: 70.6 kg Name: Trisha Age: 31Yrs Height: 143Cms

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

Mark tick/cross	; i
8:30 AM	$1\frac{1}{2}$ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
12:45 PM	Salad (+ moth sprouts)
	2 Phulkas
	Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
3:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
6:15 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)



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Weight: 70.6 kg Name: Trisha Age: 31Yrs Height: 143Cms

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

WCCKT	Day 3
Mark tick/cross	i .
8:30 AM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon
10:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
12:45 PM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
3:30 PM	4 Dates (Eat Half At A Time, Chew Well)
6:15 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:00 PM	Radish and Cucumber Salad 2 Onion roti



Program Expiry 15-12-22

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

1 Katori Curd + Veggies

B) Refer General Guidelines.









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Weight: 70.6 kg Name: Trisha Age: 31Yrs Height: 143Cms

### <u>Week 4 - Day 6</u> Mark tick/cross 2 besan chilla [+ cucumber/ lauki] 8:30 AM 10:30 AM Buttermilk 12:45 PM 2 Phulkas Palak Sabji 1 Katori Whole Moong 5 Cashewnuts (Eat One At A Time, Chew Well) 3:30 PM 6:15 PM Roasted Makhana 9:00 PM Free Meal!!

Mention total in day	
S7A.	Exercise
	(in min)
Water 🦷	
(in litres)	

- A) If need be diet plan days can be interchanged within a week.
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Weight: 70.6 kg Name: Trisha Age: 31Yrs Height: 143Cms

### **Week 4 -** Day 7 Mark tick/cross 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked] 8:30 AM 10:30 AM Buttermilk 2 Phulkas 12:45 PM Paneer with Mix Veg. 3:30 PM 4 Dates (Eat Half At A Time, Chew Well) 6:15 PM Roasted Makhana 9:00 PM 2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



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