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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

11/2/2022

Weight: 82 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

Week 1 - Day 1

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

7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	1 Glass Water + 1 tbsp chia seeds
11:00 AM	2 Eggs + veggies
2:00 PM	Salad + Curd
	1 Katori Rice
	Palak Dal
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
7:30 PM	Veg Soup
	5 -6 Dhoklas
10:00 PM	1 Fruit
Mention total in day	<u>/</u>
Exercise	
Water (in litres)	
Program Expiry	-
25-01-23	



Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
<u>Week 1 -</u>	Day 2		
Mark tick/cross	i		
7:30 AM	8 Pcs. Walnuts (Eat One At A	Time, Chew We	211)
9:00 AM	1 Glass Milk		
11:00 AM	1½ katoris upma [made of oa	ts/ sevaiya + ve	ggies]
2:00 PM	Salad (1 Katori Peanuts + 2 K 2 Phulka Sabji	atoris Other Veg	gies)
5:30 PM	Pop-corn		
7:30 PM	1 Katori Rice Chicken Salad		
10:00 PM	20g Raisin (Eat One At A Tin	ne, Chew Well)	
Mention total in day Exercise (in min)			
Water (in litres)	-		
Program Expiry 25-01-23			



Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
<u>Week 1 -</u>	<u>Day 3</u>		
Mark tick/cross	i		
7:30 AM	8 Almonds (Eat One At A Tin	ne With Skin, Ch	new Well)
9:00 AM	1 Glass Water + 1 tbsp chia se	eds	
11:00 AM	1 veg. uttapam [+capsicums, t sambhar/ green chutney	tomatoes, onions	6]
2:00 PM	2 Phulkas Rajma		
5:30 PM	Murmura (+ 1 Tbsp Peanuts +	- Veggies + Gree	en Chutney)
7:30 PM	2-3 Idlis 2 bowls Sambar (Add Gourd Chutney	Veggies - Dudhi	/Turia/Pumpkin)
10:00 PM	20g Raisin (Eat One At A Tim	e, Chew Well)	
Mention total in day	=		
Program Expiry 25-01-23			



Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
<u>Week 1 -</u>	Day 4		
Mark tick/cross	i		
7:30 AM	8 Pcs. Walnuts (Eat One At A	Time, Chew We	211)
9:00 AM	1 Glass Milk		
11:00 AM	2 besan chilla [+ cucumber/]	lauki]	
2:00 PM	2 Phulka Matar Paneer		
5:30 PM	Murmura (+ 1 Tbsp Peanuts	+ Veggies + Gree	en Chutney)
7:30 PM	2 Katori Palak Khichadi		
10:00 PM	1 Fruit		
Mention total in day Exercise (in min) Water (in litres) Program Expiry 25-01-23	•		



Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
<u>Week 1 -</u>	<u>Day 5</u>		
Mark tick/cross	i		
7:30 AM	8 Pcs. Walnuts (Eat One At A	Time, Chew We	211)
9:00 AM	1 Glass Milk		
11:00 AM	2 Eggs + veggies		
2:00 PM	2 Missi Roti (methi/ coriande Raita (1 Katori Curd + Veggie		esan)
5:30 PM	Pop-corn		
7:30 PM	Grilled Chicken Saute Veggies		
10:00 PM	1 Fruit		
Mention total in day	=		
Water (in litres)	-		
Program Expiry 25-01-23	-		



Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
<u>Week 1 -</u>	<u>Day 6</u>		
Mark tick/cross	i		
7:30 AM	8 Almonds (Eat One At A Tim	e With Skin, Cł	new Well)
9:00 AM	1 Glass Water + 1 tbsp chia see	eds	
11:00 AM	1 ¹ / ₂ Katori Sprouts [+ Veggies	; Raw or half co	ooked]
2:00 PM	Salad (Carrot + Radish +Other 2 Stuffed Lauki Roti Kadi	Veggies)	
5:30 PM	Murmura (+ 1 Tbsp Peanuts +	Veggies + Gree	en Chutney)
7:30 PM	Free Meal!!		
10:00 PM	20g Raisin (Eat One At A Time	e, Chew Well)	
Mention total in day Exercise (in min)			
Water (in litres)			
Program Expiry 25-01-23			



Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
<u>Week 1 -</u>	<u>Day 7</u>		
Mark tick/cross	i		
7:30 AM	8 Almonds (Eat One At A Tim	ne With Skin, Ch	new Well)
9:00 AM	1 Glass Milk		
11:00 AM	2 Eggs + veggies		
2:00 PM	2 Palak roti Cucumber Raita (Made of 1 K	Catori Curd)	
5:30 PM	Pop-corn		
7:30 PM	3 Slices Pizza with chicken Soup		
10:00 PM	1 Fruit		
Mention total in day Exercise (in min) Water (in litres)	=		
25-01-23			