Sneha Fafat www.snehafafat.com	Ex-Diet Consultant
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<u>Member</u> : Canadian Nutrition society, European Society for Indian Dietetic Association, International confedera Asian Federation of Dietetic Associations, Orange	ation of Dietetic Associations,

Weight: 73 kg	Name: Anjali	Age: 59Yrs	Height: 152 Cms

#### <u>Week 14 - Day 1</u>

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

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	1 Katori Chole [+Onion, Coriander]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	1 Phulka
	Sabji 1 Katori Palak Dal
5:00 PM	2 Eggs + veggies
8:00 PM	2 Moong dal chilla (+ carrot/Cabbage) onion tomato chutney



Program Expiry 25-101-23



Weight: 73 kg	Weigh	nt:	73	kg
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Name: Anjali

Age: 59Yrs

Height: 152 Cms

#### Week 14 - Day 2

Mark tick/cross i

6:40 AM	2 tsp roasted Sauf
8:30 AM	1 Glass Milk Shake (+ Fruit, No Sugar)
10:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
1:00 PM	1 Phulka
	Methi Matar Sabji

5:00 PM

2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)



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

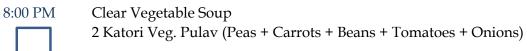


Program Expiry 25-101-23



Weight: 73 kg	Name: Anjali	Age: 59Yrs	Height: 152 Cms
<u>Week 14 -</u> Day	<u>3</u>		
Mark tick/cross			

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	$1\frac{1}{2}$ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
10:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
1:00 PM	1 Phulkas
	Paneer with Mix Veg.
5:00 PM	2 Eggs + veggies





Program Expiry 25-101-23



Weight: 73 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

# Week 14 - Day 4

Mark tick/cross i

6:40 AM	2 tsp roasted Sauf
8:30 AM	2 besan chilla [+ cucumber/ lauki]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	Salad
	1 Onion roti / thalipith
	1 Katori Curd + Veggies
5:00 PM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM

2-3 Millet Chilla (50% Besan+ 50% any millet flour) + Dudhi Tomato Chutney



Program Expiry 25-101-23



Weigh	nt: T	ו בד	(a
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Name: Anjali

Age: 59Yrs

Height: 152 Cms

### Week 14 - Day 5

Mark tick/cross i

6:40 AM	2 tsp roasted Sauf
8:30 AM	1 <sup>1</sup> ⁄ <sub>2</sub> Katori Sprouts [+ Veggies; Raw or half cooked]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	Radish and Cucumber Salad
	1 Katoris Rice
	Black Dal
5:00 PM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM

2 Palak roti Cucumber Raita ( Made of 1 Katori Curd)



Program Expiry 25-101-23



Weight: 73 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

# Week 14 - Day 6

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	1 Glass Milk Shake (+ Fruit, No Sugar)
10:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
1:00 PM	Salad (Carrot + Radish +Other Veggies) 1 Stuffed Lauki Roti Kadi
5:00 PM	2 Eggs + veggies
8:00 PM	Free Meal!!



Program Expiry 25-101-23



Weight: 73 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

# Week 14 - Day 7

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
	1 TSp Methi Seeus (Soakeu)
8:30 AM	1 stuffed roti [peas/ dal]
10:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
	1 Phulka
	Sabji
5:00 PM	2 Eggs + veggies
	2 Lees , reduce

Soup/ Salad 3 Slices Pizza [paneer/chicken]



8:00 PM

Program Expiry 25-101-23