Sneha Fafa	at www.snehaf	afat.com	Ex-Diet Consult	ant
Registered Dietician #6 +91 9890601345	53/08		Lilavati Hospital, Mum Bombay Hospital, Mun	
<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 11/16/20			11/16/2022	
Weight: 59 kg	Name: Vasanti	Age: 37 Yrs	Height: 152 Cms	
<u>Week 1 - Day 1</u>				
Mark tick/cross in the box below time, mention anything extra you had and submit weekly.				

7:00 AM	20g Raisin (Eat One At A Time, Chew Well)
9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:00 AM	Buttermilk
1:00 PM	2 Phulka
	Sabji

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)



5:00 PM

3 tsp black til seeds



Program Expiry 11-02-23



Weight: 59 kg	Name: Vasanti	Age: 37 Yrs	Height: 152 Cms
Week 1 -	Day 2		
Mark tick/cross	i		
7:00 AM	10 Pistachionuts (Eat One	e At A Time, Chew W	ell)
9:00 AM	2 Eggs + veggies		
11:00 AM	5 Cashewnuts (Eat One A	At A Time, Chew Wel	1)
1:00 PM	Salad 1 Millet roti [jowar/ mak] Sabji Dal/ Kadi	ka/ bajra/ ragi]	
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutt	ney + Coriander + Ca	rrot + Lemon]
7:30 PM	2 Phulkas Any Gourd Vegetable (Dr	udhi/Turia/Pumpkir	ו/Cucumber)
10:30 PM	1 Slice/ Cube Cheese		
Mention total in day Exercise	-		
Water	-		

Program Expiry 11-02-23

(in litres)



Weight: 59 kg	Name: Vasanti	Age: 37 Yrs	Height: 152 Cms
<u>Week 1 -</u>	Day 3		
Mark tick/cross	i		
7:00 AM	20g Raisin (Eat One At A	Time, Chew Well)	
9:00 AM	4 Pcs. Dhokla (Garnish W	Vith Grated Carrot Ar	ıd Coriander)
11:00 AM	Buttermilk		
1:00 PM	2 Phulka Cabbage And Peas Sabji		
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutr	ney + Coriander + Car	rrot + Lemon]
7:30 PM	Steamed/ Grilled Veggies 2 katoris Curd Rice	5	
10:30 PM	3 tsp black til seeds		
Mention total in day			
Exercise (in min)			
Water (in litres)	-		

Program Expiry 11-02-23



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Name: Vasanti

Age: 37 Yrs

Height: 152 Cms

Week 1 - Day 4

Mark tick/cross i

7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:00 AM	2 besan chilla [+ cucumber/ lauki]
11:00 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
	5 Cashewhuis (Eat One At A Time, Chew Weil)
1:00 PM	2 Stuffed roti (peas) Tomato Chutney
	Tomato Chuthey
5:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)



3 tsp black til seeds



Program Expiry 11-02-23



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Weig	int:	59	KO
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Name: Vasanti

Age: 37 Yrs

Height: 152 Cms

Week 1 - Day 5

Mark tick/cross i

Exercise

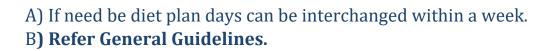
(in min)

-)

Water (in litres)

Program Expiry 11-02-23

7:00 AM	20g Raisin (Eat One At A Time, Chew Well)
9:00 AM	Fruit Smoothie / Bowl
	Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:00 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
1:00 PM	Salad
	2 Phulka
	Matar Paneer
5:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
7:30 PM	2-3 Idlis
	2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney
10:30 PM	1 Slice/ Cube Cheese
Mention total in day	<u>/</u>





Age: 37 Yrs

Height: 152 Cms

Week 1 -	<u>Day 6</u>
Mark tick/cross	i
7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:00 AM	2 Eggs + veggies
11:00 AM	Buttermilk
1:00 PM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:30 PM	Free Meal!!
10:30 PM	1 Slice/ Cube Cheese
Mention total in day	
Exercise (in min)	
Water 🗧	-

Name: Vasanti

Program Expiry 11-02-23

(in litres) 📃

Weight: 59 kg



Age: 37 Yrs

Height: 152 Cms

0 0	
<u>Week 1 -</u>	Day 7
Mark tick/cross	i
7:00 AM	20g Raisin (Eat One At A Time, Chew Well)
9:00 AM	2 besan chilla [+ cucumber/ lauki]
11:00 AM	Buttermilk
1:00 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji
	Dal/ Kadi
5:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
7:30 PM	2 Dosa
	Sambar chutney
10:30 PM	3 tsp black til seeds
Mention total in day	
Exercise (in min)	
Water (in litres)	_
Program Expiry 11-02-23	

Name: Vasanti

Weight: 59 kg