

+91 9890601345

#### www.snehafafat.com

**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

11/24/2022

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms Week 4 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 11:00 AM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 2:00 PM Salad 1 Phulka Sabji Palak Dal 5:30 PM 1 Slice/ Cube Cheese 1 Fruit 7:30 PM Grilled Chicken Veggies 10:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well) Mention total in day

(in min)
Water

(in litres)

Exercise

Program Expiry 25-01-23

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









www.snehafafat.com 11/24/2022

Name: Farhana Age: 29 Yrs Height: 162 Cms Weight: 82.2 kg **Week 4 -** Day 2 Mark tick/cross 8:00 AM 1 Coconut water 1 Stuffed roti [cauliflower/ cabbage] 11:00 AM 2:00 PM Salad + curd 1 Phulka Sabji 5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added 1 Missi Roti (methi/ coriander leaves + 50% besan) 7:30 PM Raita (1 Katori Curd + Veggies) 5 Cashewnuts (Eat One At A Time, Chew Well) 10:00 PM Mention total in day Exercise (in min) Water

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(in litres)

Program Expiry 25-01-23









www.snehafafat.com 11/24/2022

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

<u>Week 4 -</u>	<u>Day 3</u>
Mark tick/cross	i
8:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
11:00 AM	2 Idlis Sambar Chutney
2:00 PM	1 Phulka Methi Matar Sabji 1 Katori Thick Dal with Onions and Tomatoes
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
7:30 PM	Free Meal!!
10:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
ention total in day	
Exercise (in min)	
Water =	

Program Expiry 25-01-23

(in litres)

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www.snehafafat.com 11/24/2022

Name: Farhana Age: 29 Yrs Height: 162 Cms Weight: 82.2 kg **Week 4 -** Day 4 Mark tick/cross 1 Coconut water 8:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk] 11:00 AM 2:00 PM 1 Phulka Paneer with Mix Veg. 5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added Clear Vegetable Soup 7:30 PM 2 Katoris Oats Upma (+ mix veggies) 5 Cashewnuts (Eat One At A Time, Chew Well) 10:00 PM Mention total in day Exercise (in min)

Program Expiry 25-01-23

Water (in litres)

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www.snehafafat.com 11/24/2022

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

<u>Week 4 - Day 5</u>		
Mark tick/cross	i	
8:00 AM	1 Coconut water	
11:00 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney	
2:00 PM	1 Katori Rajma +Veggies	
	1 Phulka Green Leafy Vegetable (Cabbage/Methi/Sarson etc)	
5:30 PM	1 Slice/ Cube Cheese 1 Fruit	
7:30 PM	Pasta Salad	
	1 katori Macroni + Saute Veggies	
10:00 PM	5 Cashewnuts (Eat One At A Time, Chew Well)	
ention total in day	<u>'</u>	
Evercice	<del>-</del>	

Program Expiry 25-01-23

Water (in litres)

(in min)

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









www.snehafafat.com 11/24/2022

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

<u>Week 4 -</u>	<u>Day 6</u>
Mark tick/cross	i
8:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
11:00 AM	1 missi roti [methi/ corainder leaves + 50% besan/ ragi]
2:00 PM	1 Stuffed Roti (capsicum + paneer - 2 tsp) 1 Katoris Curd with Onions and Tomatoes
	1 Ratoris Curu with Officits and Tolitatoes
5:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
7:30 PM	Grilled Chicken
	Veggies
10:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)

Mention total in day



Program Expiry 25-01-23

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www.snehafafat.com 11/24/2022

Weight: 82.2 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

Week 4 -	Day 7
Mark tick/cross	i
8:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
11:00 AM	Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]
2:00 PM	Salad 1 Phulka Chole
5:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
7:30 PM	2 Moong dal chilla (+lauki) Green Chutney
10:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
ention total in day	=
Exercise (in min)	
Water 🦷	•

Program Expiry 25-01-23

(in litres)

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