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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

11/30/2022

Weight: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 2 - Day 1

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

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 2 Eggs + veggies

1:00 PM Salad

2 Phulka Sabji Palak Dal

4:30 PM Pop-Corn

8:00 PM Salad (+ moth sprouts)

2 Phulkas Sabji

Mention total in day

Exercise

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: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 2 - Day 2

Mark tick/cross	i
8:00 AM	Lemon & Mint Water
10:00 AM	1 Stuffed roti [cauliflower/ cabbage]
1:00 PM	Salad + curd
	2 Phulka
	Sabji
4:30 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	3 Eggs
	+ Saute Veggies
	1/2 Katori Rice



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Weight: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 2 - Day 3

Mark tick/cross	s i
8:00 AM	Tulsi tea (boil tulsi leaves in water)
10:00 AM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
	[veggles Green Chamey Contained Carlot Lemon]
1:00 PM	2 Phulka
	Methi Matar Sabji
	1 Katori Thick Dal with Onions and Tomatoes
4:30 PM	1 Slice/ Cube Cheese
	1 Fruit
8:00 PM	2 Millet Chilla (50% Besan+ 50% any millet flour)
	+ Dudhi
	Tomato Chutney



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- B) Refer General Guidelines.









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Weight: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Mark tick/cross

8:00 AM Lemon & Mint Water

10:00 AM Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

1:00 PM 2 Phulka
Paneer with Mix Veg.

4:30 PM Pop-Corn

8:00 PM Grilled Chicken
Spinach Side dish Korean stlye



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Weight: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 2 - Day 5

Mark tick/cross	i
8:00 AM	Lemon & Mint Water
10.00 AM	2 Face I wassiss
10:00 AM	2 Eggs + veggies
1:00 PM	1 Katori Rajma +Veggies
	1 Phulka Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
4:30 PM	Pop-Corn
8:00 PM	Pasta Salad
	1 katori Macroni + Saute Veggies + 1 Cube Cheese



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Weight: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 2 - Day 6

Mark tick/cross	i
8:00 AM	Tulsi tea (boil tulsi leaves in water)
10:00 AM	1 missi roti [methi/ corainder leaves + 50% besan/ ragi]
1:00 PM	2 Stuffed Roti (capsicum + paneer - 2 tsp)
	1 Katoris Curd with Onions and Tomatoes
4:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:00 PM	Free Meal!!



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Weight: 82.2 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 2 - Day 7

Mark tick/cross	i
8:00 AM	Tulsi tea (boil tulsi leaves in water)
10:00 AM	Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]
10.00 AW	Gajar Harwa [2 15p Sugar, 1 15p Gree, Low-Fat Wilk]
1:00 PM	Salad
	2 Phulka
	Chole
4:30 PM	Pop-Corn
8:00 PM	Chicken Salad with saute veggies



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- B) Refer General Guidelines.