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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

12/3/2022

Name: Vasanti Age: 37 Yrs Height: 152 Cms Weight: 59 kg Week 2 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:00 AM 2 besan chilla [+ cucumber/ lauki] 9:00 AM 11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well) 1:00 PM Salad 2 Phulka Cababge Peas Sabji 5:00 PM Paneer Salad (Paneer (6 Pcs.) + Veggies) 7:30 PM Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi 10:30 PM 1 Fruit Mention total in day Exercise (in min) Water

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

(in litres)









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Name: Vasanti Age: 37 Yrs Height: 152 Cms Weight: 59 kg **Week 2 -** Day 2 Mark tick/cross 7:00 AM 10 Pistachionuts (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 3 tsp black til seeds 1:00 PM Salad 1 Katori Rice Chole 1 Katori Peanuts [boiled/roasted] 5:00 PM 7:30 PM Saute Salad (Bell Peppers + Tomatoes + Cucumber + Zucchini) Grilled Chicken 10:30 PM 1 Glass Milk (No Sugar)

Mention total in day



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









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Weight: 59 kg Name: Vasanti Age: 37 Yrs Height: 152 Cms

### Week 2 - Day 3

	-
Mark tick/cross	i
7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:00 AM	1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	2 Phulka
	Palak Paneer
5:00 PM	1 Katori Peanuts [boiled/ roasted]
7:30 PM	2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions) Kadi
10:30 PM	1 Fruit
ntion total in day	
Exercise	
C	

Me



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









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Weight: 59 kg Name: Vasanti Age: 37 Yrs Height: 152 Cms

## Week 2 - Day 4

Mark tick/cross	i
7:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:00 PM	1 Katori Rice
	Black Dal
	Salad
5:00 PM	Paneer Salad (Paneer (6 Pcs.) + Veggies)
7:30 PM	2-3 Idlis
	2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney
10:30 PM	1 Fruit
ention total in day	
Exercise	•
(in min)	



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









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Weight: 59 kg Name: Vasanti Age: 37 Yrs Height: 152 Cms

## **Week 2 -** Day 5 Mark tick/cross 7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 1 stuffed roti [palak/ methi/ coriander] 9:00 AM 11:00 AM 3 tsp black til seeds 1:00 PM Salad of choice 2 Phulkas Matar Paneer 1 Katori Peanuts [boiled/ roasted] 5:00 PM 2 Moong dal chilla (+ carrot) 7:30 PM onion tomato chutney 10:30 PM 1 Glass Milk (No Sugar)



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









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Weight: 59 kg Name: Vasanti Age: 37 Yrs Height: 152 Cms

<u>Week 2 -</u> <u>Day 6</u>		
Mark tick/cross	i	
7:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)	
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]	
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)	
1:00 PM	Fresh Methi Salad	
	2 Phulka	
	Sabji	
5:00 PM	1 Katori Peanuts [boiled/ roasted]	
7:30 PM	Free Meal!!	
10:30 PM	1 Fruit	
ention total in day	<u>′</u>	
Exercise (in min)		
(III IIII)	<del>)</del> <del>-</del>	



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









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Name: Vasanti Age: 37 Yrs Height: 152 Cms Weight: 59 kg **Week 2 -** Day 7 Mark tick/cross 7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 1 methi thepla 9:00 AM 11:00 AM 3 tsp black til seeds 2 Stuffed Lauki Roti 1:00 PM Kadi Paneer Salad (Paneer (6 Pcs.) + Veggies) 5:00 PM 7:30 PM 2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top) 10:30 PM 1 Glass Milk (No Sugar)

Program Expiry 11-02-23

Mention total in day

Water (in litres)

Exercise (in min)

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