Sneha Fafat www.snehafafat.com

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Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

<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

12/3/2022



Week 17 - Day 1

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

6:40 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	2 besan chilla [+ cucumber/ lauki]
10:30 AM	Dal Water

1:00 PM Salad 2 Phulka Cababge Peas Sabji



Roasted Makhana

Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 2

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	Fruit Smoothie / Bowl
	Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
10:30 AM	Boil Ginger, mint in water and add lemon.
1:00 PM	Salad
	1 Katori Rice Chole
5:00 PM	Roasted Makhana
8:00 PM	Saute Salad (Bell Peppers + Tomatoes + Cucumber + Zucchini)



Saute Salad (Bell Peppers + Tomatoes + Cucumber + Zucchin Grilled Chicken



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 3

Mark tick/cross i

6:40 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	2 Eggs + veggies
10:30 AM	Boil Ginger, mint in water and add lemon.
1:00 PM	2 Phulka
	Palak Paneer
5:00 PM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)



Kadi

Program Expiry 25-101-23



Weight.	72.3 kg
vv orgini.	1 2.0 Kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 4

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
10:30 AM	Dal Water
1:00 PM	1 Katori Rice
	Black Dal Salad



1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]



2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 5

Mark tick/cross i

6:40 AM	1 Tsp Methi Seeds (soaked)
8:30 AM	1 stuffed roti [palak/ methi/ coriander]
10:30 AM	Boil Ginger, mint in water and add lemon.
1:00 PM	Salad of choice
	2 Phulkas
	Matar Paneer

5:00 PM 8:00 PM Roasted Makhana

2 Moong dal chilla (+ carrot) onion tomato chutney



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

Week 17 - Day 6

Mark tick/cross i

6:40 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
10:30 AM	Dal Water
1:00 PM	Fresh Methi Salad
	2 Phulka Sabji



1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

Free Meal!!



Program Expiry 25-101-23



Name: Anjali

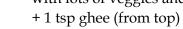
Age: 59Yrs

Height: 152 Cms

Week 17 - Day 7

Mark tick/cross i

6:40 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	1 methi thepla
10:30 AM	Boil Ginger, mint in water and add lemon.
1:00 PM	2 Stuffed Lauki Roti
	Kadi
5:00 PM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka





Program Expiry 25-101-23