Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345

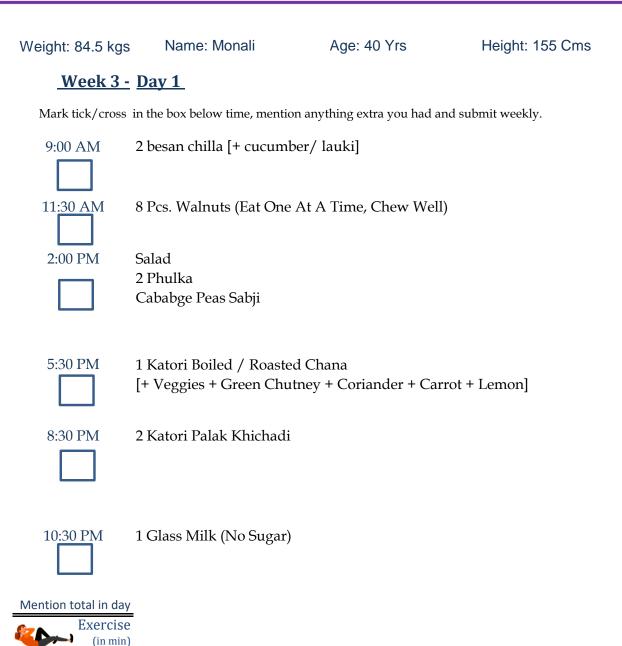
Water (in litres)

Program Expiry 31-01-23 Ex-Diet Consultant

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

12/5/2022





Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 2

Mark tick/cross i

9:00 AM	2 Eggs + veggies
11:30 AM	5 Cashewnuts (Ea
2:00 PM	Salad

5 Cashewnuts (Eat One At A Time, Chew Well)

Salad 1 Katori Rice Chole

5:30 PM

1 Katori Peanuts [boiled/ roasted]



2 Phulka Sabji

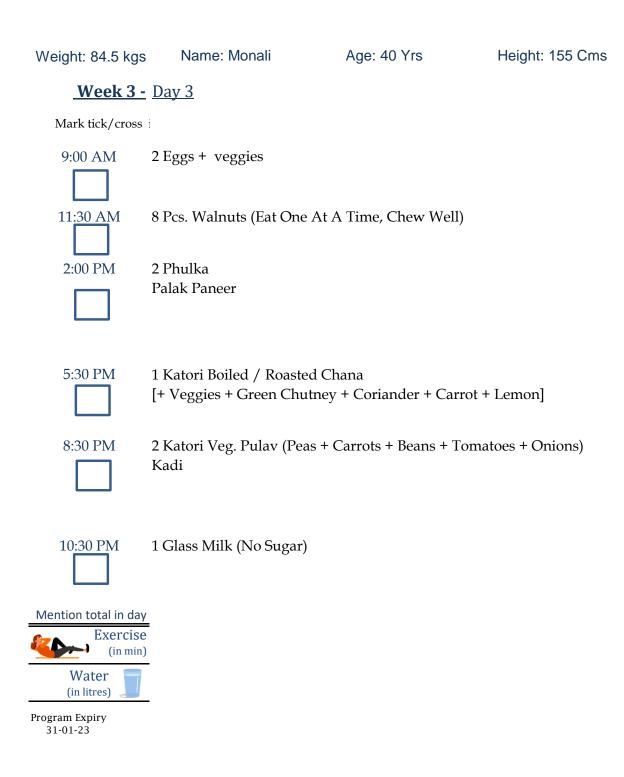


3 tsp black til seeds



rogram Expiry 31-01-23







Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 4

Mark tick/cross i

9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	1 Katori Rice
	Dal Salad
5:30 PM	1 Katori Peanuts [boiled/ roasted]
8:30 PM	2 Eggs + Saute Veggies
	1 Phulka Sabji
10:30 PM	3 tsp black til seeds



Program Expiry 31-01-23



Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 5

Mark tick/cross i

9:00 AM	1 stuffed roti [palak/ methi/ coriander]
11:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:00 PM	2 Phulkas
	Matar Paneer
5:30 PM	1 Katori Peanuts [boiled/ roasted]

2 Moong dal chilla (+ carrot) onion tomato chutney



8:30 PM

1 Glass Milk (No Sugar)



Program Expiry 31-01-23





Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 6

Mark tick/cross i

9:00 AM	2 Eggs + veggies
11: <u>30 AM</u>	5 Cashewnuts (Ea
2:00 PM	Fresh Methi Salad

Cashewnuts (Eat One At A Time, Chew Well)



esh Methi Salad



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



Free Meal!!





31-01-23



Name: Monali

Age: 40 Yrs

Height: 155 Cms

Week 3 - Day 7

Mark tick/cross i

9:00 AM	1 methi thepla
11:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:00 PM	2 Stuffed Lauki Roti Kadi
5:30 PM	1 Katori Boiled / Roasted Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:30 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)
10:30 PM	3 tsp black til seeds

Mention total in day Exercise (in min) Water (in litres)

Program Expiry 31-01-23