SnehaFafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 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

12/19/2022

Weight: 82.9 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 4 - Day 1

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



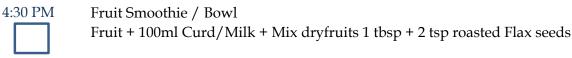
2 Eggs + veggies



1:00 PM

Salad 2 Phulka

Gobi Sabji



2 Moong dal chilla (+lauki) Green Chutney



8:00 PM

Program Expiry 21-02-23



Weight: 82.9 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 4 - Day 2

Mark tick/cross i

10:	:00	A	N

1 onion roti/ thalipith Λ





Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Palak Dal



1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added



3 Eggs + Saute Veggies 1/2 Katori Rice



Program Expiry 21-02-23



Weight: 82.9 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 4 - Day 3

Mark tick/cross i

10:00	AM

2 besan chilla [+ cucumber/ lauki]



2 besur erina [* cucumber/ num



Salad 2 Phulka Matar Paneer



Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:00 PM

1 Katori Boiled Noodles + Saute veggies (can also have like a soup) + Chicken



Program Expiry 21-02-23



Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 82.9 kg Week 4 - Day 4 Mark tick/cross i 2 Eggs + veggies 10:00 AM 2 Stuffed [Lauki/ mooli] Roti 1:00 PM Kadi 4:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added 3-4 Grilled Vegetable Tikki with aloo 8:00 PM (use non- stick pan, 1 tsp oil) Green Chutney



Program Expiry 21-02-23



Age: 21 Yrs

Height: 155 Cms

Week 4 - Day 5

Mark tick/cross

10:00 AM

2 Eggs + veggies

1:00 PM

Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

kadi

Name: Sejal



Weight: 82.9 kg

Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds



2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 21-02-23



Weight: 82.9 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 4 - Day 6

Mark tick/cross i

10:00 AM

1 missi roti [methi/ corainder leaves + 50% besan/ ragi]





Fresh Methi Salad + Sprouts 2 Phulka Sabji



1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added



Free Meal!!



Program Expiry 21-02-23



Weight: 82.9 kg	g Name: Sejal	Age: 21 Yrs	Height: 155 Cms		
<u>Week 4 -</u> <u>Day 7</u>					
Mark tick/cross	; i				
10:00 AM	2 Eggs + veggies				
1:00 PM	2 Stuffed Roti (Cauliflower) 1 Katori dahi + veggies				
4:30 PM	1 Dryfruit laddu (Walnuts + No sugar/ jaggery to be add		ds + Dates + Anjeer)		
8:00 PM	3 Eggs + Saute Veggies 1/2 Katori Rice				



Program Expiry 21-02-23