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1/3/2023

Weight: 72.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms

### Week 21- Day 1

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

6:40 AM	Ginger juice + Honey (each 1 tsp)
8:30 AM	2 besan chilla [+ cucumber/ lauki]
10:30 AM	1 Fruit
1:00 PM	1 Phulka
	Sabji
	Palak Dal
5:00 PM	Murmura (+ Veggies + Green Chutney)

8:00 PM Corn Chat 1 Katori Corn + Paneer + 2 Katoris Other Veggies



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

# Week 21- Day 2

Mark tick/cross i

6:40 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
10:30 AM	Buttermilk
1:00 PM	Salad
	1 Phulka Sabji Dal
5:00 PM	Pop-corn

8:00 PM

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



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

# Week 21- Day 3

Mark tick/cross i

Ginger juice + Honey (each 1 tsp)
2 Eggs + veggies
Buttermilk
Salad
1 Millet roti [jowar/ makka/ bajra Sabji Dal/ Kadi

oti [jowar/ makka/ bajra/ ragi] li

5:	00	PN	1
8:0	00	PN	1

Murmura (+ Veggies + Green Chutney)

2 Moong dal chilla (+ cucumber) onion tomato chutney



Program Expiry 25-101-23



Weight: 72.5 kg	Name: Anjali	Age: 59Yrs	Height: 152 Cms	
Week 21-	Week 21- Day 4			
Mark tick/cross	i			
6:40 AM	Sauf Water (soak 1 tbsp Sau	ıf overnight in water,e	at sauf also)	
8:30 AM	1½ katoris poha [+ beans, c	arrot, capsicum, peas e	etc.]	
10:30 AM	1 Fruit			
1:00 PM	Chopped Mix Veg Salad + 1 1 Phulka Sabji	∕2 Katori Curd		
5:00 PM	Murmura (+ Veggies + Gre	en Chutney)		
8:00 PM	1 Katori Boiled Noodles + S	aute veggies (can also	have like a soup)	



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

### Week 21- Day 5

Mark tick/cross i

6:40 AM	Ginger juice + Honey (each 1 tsp)
8:30 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
10:30 AM	1 Fruit
1:00 PM	1 Phulka
	Palak Paneer
5:00 PM	Pop-corn

8:00 PM Clear 2 Kat

Clear Vegetable Soup 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)



Program Expiry 25-101-23



Name: Anjali

Age: 59Yrs

Height: 152 Cms

# Week 21- Day 6

Mark tick/cross i

6:40 AM	Ginger juice + Honey (each 1 tsp)
8:30 AM	2 Eggs + veggies
10:30 AM	Buttermilk
1:00 PM	Salad (+ moth sprouts) 1 Phulka Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
5:00 PM	Murmura (+ Veggies + Green Chutney)
8:00 PM	Free Meal!!



Program Expiry 25-101-23



Weight: 72.5 kg	Name: Anjali	Age: 59Yrs	Height: 152 Cms	
Week 21-	Week 21- Day 7			
Mark tick/cross	i			
6:40 AM	Sauf Water (soak 1 tbsp	Sauf overnight in water,e	eat sauf also)	
8:30 AM	1 methi thepla			
10:30 AM	1 Fruit			
1:00 PM	Salad 1 Millet roti [jowar/ ma Sabji Dal/ Kadi	kka/ bajra/ ragi]		
5:00 PM	Pop-corn			
8:00 PM	2-3 Idlis 2 bowls Sambar (Add G Chutney	ourd Veggies - Dudhi/Tu	aria/Pumpkin)	



Program Expiry 25-101-23