

+91 9890601345

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

1/10/2023

Name: Sejal Age: 21 Yrs Weight: 83 kg Height: 155 Cms **Week 7 - Day 1** Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8:00 AM Boil Ginger, mint in water and add lemon. 10:00 AM 1½ katoris upma [made of oats/ sevaiya + veggies] 1:00 PM 1 Phulka Sabji Salad + Peanuts 1 Slice/ Cube Cheese 4:30 PM 1-2 Fruit 8:00 PM Salad 5-6 Dhoklas



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









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Weight: 83 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Meek 7 - Day 2

Mark tick/cross i

8:00 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM 2 Eggs + veggies

1:00 PM Salad
1 Phulka
Moth Sabji

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM 2 moong dal chilla (+ Palak) onion tomato chutney



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Weight: 83 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 7 - Day 3

Mark tick/cross

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 50g paneer + Veggies

1:00 PM 1 Katori Rajma + Veggies + Curd

4:30 PM 1 Slice/ Cube Cheese

1-2 Fruit

3-4 Eggs

+ Saute Veggies

Exercise
(in min)

Water
(in litres)

8:00 PM

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Weight: 83 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 7 - Day 4 Mark tick/cross 8:00 AM Tulsi tea (boil tulsi leaves in water) Fruit Smoothie / Bowl 10:00 AM Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds 1:00 PM Salad 1 Katori rice Black dal 4:30 PM 1 Slice/ Cube Cheese 1-2 Fruit Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 8:00 PM 1 Phulka



Program Expiry 21-02-23

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Sabji









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Weight: 83 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 7 - Day 5

Mark tick/cross i

fark tick/cross	i
8:00 AM	Tulsi tea (boil tulsi leaves in water)
10:00 AM	1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]
1:00 PM	1 Phulka
	Sabji Dal
4:30 PM	1 Glass Milk Shake (1 Small Banana, No Sugar)

8:00 PM Veg. Sandwich [2 Bread Slices + Veggies, No Butter]



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Week 7 - Day 6

Mark tick/cross:

8:00 AM Boil Ginger, mint in water and add lemon.

10:00 AM 50g paneer + Veggies

1:00 PM 1 Phulka
Peas Sabji

4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)



8:00 PM

Free Meal!!

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Weight: 83 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Wook 7 - Day 7

WEEK /	2 <u>Day 7</u>
Mark tick/cross	i
8:00 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
1:00 PM	Salad 1 Katori Veg. Pulav Chole
4:30 PM	1 Slice/ Cube Cheese 1-2 Fruit
8:00 PM	3-4 Eggs + Saute Veggies



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- B) Refer General Guidelines.