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#### www.snehafafat.com

Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

 $\underline{\textbf{Member}}\text{: } \textbf{Canadian Nutrition society, European Society for Clinical Nutrition \& Metabolism,}$ 

Indian Dietetic Association, International confederation of Dietetic Associations,

Asian Federation of Dietetic Associations, Orange City Runners

1/12/2023

Weight: 70 kg	Name:	Akanksha	Age: 29 Yrs	Height: 160 Cms
Week 1 -	Day 1			
Mark tick/cross	in the box below time	, mention anyt	hing extra you had	and submit weekly.
8:00 AM	8 Almonds (Eat C	ne At A Tim	ne With Skin, Ch	ew Well)
9:30 AM	2 Eggs + veggies			
11:30 AM	1 Fruit			
2:00 PM	2 Phulka Sabji			
5:30 PM	Sprouts Bhel 1 Katori Sprouts +	- Murmura (	optional) + vegg	gies
8:30 PM	Salad 5 -6 Dhoklas			
11:30 PM	4 Dates (Eat Half	At A Time, (	Chew Well)	
Exercise (in min)				
Water 🥃	-			

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

(in litres)

Program Expiry 10-04-23









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Name: Akanksha Age: 29 Yrs Height: 160 Cms Weight: 70 kg **Week 1 -** Day 2 Mark tick/cross i 8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well) 9:30 AM Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds 11:30 AM 1 Fruit 2:00 PM Salad 2 Phulka Methi Sabji 5:30 PM 1 Katori Peanuts [boiled/ roasted] 8:30 PM 2 Moong dal/besan chilla (+ Palak) onion tomato chutney 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) 11:30 PM

Mention total in day



Program Expiry 10-04-23

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





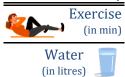




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### **Week 1 -** Day 3

Mark tick/cross	i
8:00 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
9:30 AM	2 Eggs + veggies
11:30 AM	Buttermilk
2:00 PM	1 Katori Beans/Rajma + Veggies + Curd 1 Phulka Sabji
5:30 PM	1 Katori Peanuts [boiled/ roasted]
8:30 PM	1 Katori Rice Chicken [min oil]
11:30 PM	4 Dates (Eat Half At A Time, Chew Well)
Exercise (in min)	:



Program Expiry 10-04-23

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Name: Akanksha Age: 29 Yrs Height: 160 Cms Weight: 70 kg **Week 1 -** Day 4 Mark tick/cross i 8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 9:30 AM Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds 11:30 AM 1 Fruit 2:00 PM Salad 1.5 Katori rice Palak Dal 5:30 PM Sprouts Bhel 1 Katori Sprouts + Murmura (optional) + veggies 8:30 PM Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 1 Phulka Sabji 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) 11:30 PM Mention total in day

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Water (in litres)

Exercise (in min)

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Weight: 70 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

#### **Week 1 -** Day 5

Mark tick/cross	i
8:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:30 AM	1 Bread + 50g Avacodo
11:30 AM	1 Fruit
2:00 PM	2 Phulka
	Sabji
	Dal
5:30 PM	Sprouts Bhel 1 Katori Sprouts + Murmura (optional) + veggies
8:30 PM	Veg. Sandwich [2 Bread Slices + Veggies, No Butter] + Chicken
11:30 PM	30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)
ntion total in day	
Exercise (in min)	•
Water =	•
(in litres)	

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









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Weight: 70 kg	Name: Akanksha	Age: 29 Yrs	Height: 160 Cms
Week 1 - Day 6			

Mark tick/cross	i
8:00 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
9:30 AM	2 besan chilla [+ cucumber/ lauki]
11:30 AM	Buttermilk
2:00 PM	2 Phulka
	Peas Sabji
5:30 PM	1 Katori Peanuts [boiled/ roasted]
8:30 PM	Free Meal!!
11:30 PM	Nil
Exercise (in min)	
Water =	

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(in litres)

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









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Name: Akanksha Age: 29 Yrs Weight: 70 kg Height: 160 Cms **Week 1 -** Day 7 Mark tick/cross 8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.] 9:30 AM 11:30 AM Buttermilk 2:00 PM 2 Katori Veg. Pulav Chole 5:30 PM 1 Katori Peanuts [boiled/ roasted] 8:30 PM Baked/ Saute Vegetable In White Sauce (1 Katori White Sauce + herbs, 1 Cube Cheese) 11:30 PM 4 Dates (Eat Half At A Time, Chew Well) Mention total in day Exercise (in min) Water (in litres)

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- B) Refer General Guidelines.

Program Expiry 10-04-23