Sneha Fafat www.snehafafat.com Ex-Diet Consultant Registered Dietician #63/08 Lilavati Hospital, Mumbai +91 9890601345 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 14-01-23 Weight: 72.5 kg Name: Anjali Age: 59Yrs Height: 152 Cms Week 23- Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 6:40 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower) 8:30 AM



Tulsi tea (boil tulsi leaves in water)

1 Phulka Sabji Lauki raita with tadka

5:00 PM	[
8:00 PM	[

30g Coconut (grated or 2" x 2" Piece)

Corn Chat 1 Katori Corn + 50g Paneer + 2 Katoris Other Veggies



Program Expiry 25-101-23





Name: Anjali

Age: 59Yrs Cms 14-01-23 Height: 152

Weight: 72.5 kg

### Week 23- Day 2

Mark tick/cross i

6:40 AM	8
8:30 AM	V
10:30 AM	Во
1:00 PM	Sa
	1
	Pa

8 Almonds (Eat One At A Time With Skin, Chew Well)

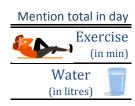
Veggies with 1 Cube cheese

Boil Ginger, mint in water and add lemon.

Salad 1 Millet roti Palak Dal

5:00 PM 8:00 PM 1 Katori Roasted Chana

3-4 Grilled Vegetable Tikki with aloo (use non- stick pan, 1 tsp oil) Green Chutney



Program Expiry 25-101-23





Name: Anjali

Age: 59Yrs Cms 14-01-23 Height: 152

Weight: 72.5 kg

## Week 23- Day 3

Mark tick/cross i

6:40 AM	4 Anjir (Eat Half At A Time, Chew Well)
8:30 AM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)
10: <u>30 A</u> M	Tulsi tea (boil tulsi leaves in water)
1:00 PM	Sprouts Salad with Tadka (1½ Katori Sprouts + Veggies)
5:00 PM	1 Katori Roasted Chana
8:00 PM	1 Stuffed Roti (Cauliflower)

1 Katori dahi + veggies



Program Expiry 25-101-23





Name: Anjali

Age: 59Yrs Cms

14-01-23 Height: 152

Weight: 72.5 kg

# Week 23- Day 4

Mark tick/cross i

6:40 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
8:30 AM	2 Eggs + veggies
10: <u>30 AM</u>	Tulsi tea (boil tulsi leaves in water)
1:00 PM	1 Phulkas
	Paneer with Mix Veg.
5:00 PM	30g Coconut (grated or 2" x 2" Piece)
8:00 PM	1 Phulka

1 Phulka Methi Matar Sabji



**Program Expiry** 25-101-23





Name: Anjali

Age: 59Yrs Cms

14-01-23 Height: 152

Weight: 72.5 kg

### Week 23- Day 5

Mark tick/cross i

6:40 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
8:30 AM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)
10:30 AM	Boil Ginger, mint in water and add lemon.
1:00 PM	Salad
	1 Millet roti
	Sabji
	kadi
5:00 PM	30g Coconut (grated or 2" x 2" Piece)

8:00 PM

Saute Salad (with Broccoli) 1 Egg



**Program Expiry** 25-101-23





Name: Anjali

Age: 59Yrs Cms 14-01-23 Height: 152

Weight: 72.5 kg

## Week 23- Day 6

Mark tick/cross i

6:40 AM	4
8:30 AM	V
10: <u>30 AM</u>	Т
1:00 PM	1 N

4 Anjir (Eat Half At A Time, Chew Well)

Veggies with 1 Cube cheese

Гulsi tea (boil tulsi leaves in water)

1 Phulkas Mix Veg. with peas



1 Katori Roasted Chana

Free Meal!!



Program Expiry 25-101-23





Name: Anjali

Age: 59Yrs Cms 14-01-23 Height: 152

Weight: 72.5 kg

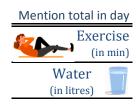
#### Week 23- Day 7

Mark tick/cross i

6:40 AM	4 Anjir (Eat Half At A Time, Chew Well)
8:30 AM	2 Eggs + veggies
10: <u>30 AM</u>	Boil Ginger, mint in water and add lemon.
1:00 PM	1 Katori Boiled Chole + Saute Veggies
	+ 1/2 katori Rice + Green Cutney as dressing
5:00 PM	30g Coconut (grated or 2" x 2" Piece)

8:00 PM

1 Phulka Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)



Program Expiry 25-101-23