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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

1/22/2023

Weight: 60 kg	Name: Ritika	Age: 30Yrs	Height: 150 Cms
Week 2 -	<u>Day 1</u>		
Mark tick/cross	in the box below time, mention an	ything extra you l	nad and submit weekly.
9:00 AM	4 Anjir (Eat Half At A Time,	Chew Well)	
11:00 AM	2 besan chilla [+ cucumber/	lauki]	
2:00 PM	Salad 1 Millet roti [jowar/ makka/	/ baira / ragil	
	Sabji	bajia/ fagij	
	Dal/ Kadi		
6:30 PM	1 Slice/ Cube Cheese		
	1 Fruit		
8:30 PM	2 Katori Daliya with Green I	Oal	
	+ Tadka +Veggies		
11:00 PM	8 Almonds (Eat One At A Ti	me With Skin,	Chew Well)
ntion total in day	•		
Exercise (in min)			
Water (in litres)			

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









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Weight: 60 kg		Name: Ritika	Age: 30Yrs	Height: 150 Cms
Week 2 -	Day 2			
Mark tick/cross	i			
9:00 AM	1 Fruit			
11:00 AM	1½ katoris po	ha [+ beans, car	rot, capsicum,	peas etc.]
2:00 PM	Radish and C 1 ½ Katoris R 1 Katori Rajm			
6:30 PM	30g Coconut Coconut Wate	(grated or 2" x 2 er	" Piece)	
8:30 PM	Salad 1 Millet roti Sabji Dal			
11:00 PM	30g Mix Seed	s (Sunflower, pı	ımpkin, water	melon, flax)
ention total in day				
Exercise (in min)				
Water (in litres)				

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Weight: 60 kg		Name: Ritika	Age: 30Yrs	Height: 150 Cms
Week 2 -	<u>Day 3</u>			
Mark tick/cross				
9:00 AM	4 Anjir (Eat H	Ialf At A Time,	Chew Well)	
11:00 AM	1½ katoris rav	va upma [+ pea	s, tomatoes, co	oriander, beans etc.
2:00 PM	2 Phulka Cabbage And 1 Katori Dal	Peas Sabji		
6:30 PM	1 Slice/ Cube 1 Fruit	Cheese		
8:30 PM	2 Phulka Black Dal			
11:00 PM	8 Almonds (E	at One At A Ti	me With Skin,	Chew Well)
Mention total in day Exercise (in min)				
Water (in litres)				
Program Expiry				

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

21-04-23









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Name: Ritika Age: 30Yrs Height: 150 Cms Weight: 60 kg **Week 2 -** Day 4 Mark tick/cross 9:00 AM 1 Fruit 11:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] 2 Phulka 2:00 PM Sabji 1 Katori Dal 6:30 PM 30g Coconut (grated or 2" x 2" Piece) Coconut Water 8:30 PM 2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) 11:00 PM Mention total in day Exercise (in min) Water (in litres)

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Weight: 60 kg		Name: Ritika	Age: 30Yrs	Height: 150 Cms
<u>Week 2 -</u>	<u>Day 5</u>			
Mark tick/cross	i			
9:00 AM	1 Fruit			
11:00 AM	1½ katoris ra	va upma [+ peas	s, tomatoes, co	oriander, beans etc.]
2:00 PM	2 Katoris Khi with lots of v + 1 tsp ghee	eggies and tadk	a	
6:30 PM	Pani Puri - 6 _J	pcs		
8:30 PM	2 Phulka Methi Matar	Sabji		
11:00 PM	8 Almonds (l	Eat One At A Tii	me With Skin,	Chew Well)
Mention total in day Exercise	:			
(in min)				
Water (in litres)				
Program Expiry				

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21-04-23









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Weight: 60 kg Name: Ritika Age: 30Yrs Height: 150 Cms Week 2 - Day 6 Mark tick/cross 4 Anjir (Eat Half At A Time, Chew Well) 9:00 AM 2 besan chilla [+ cucumber/ lauki] 11:00 AM Salad 2:00 PM 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi 6:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:30 PM Free Meal!!

Mention total in day			
Exercise (in min)			
Wa (in li	iter tres)		

11:00 PM

Program Expiry 21-04-23

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

Nil









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Name: Ritika	Age: 30Yrs	Height: 150 Cms
prouts [+ Veggi	es; Raw or hal	f cooked]
e Cheese		
th sprouts)		
T 11 /D 11	·/T · /D	1: /6 1)
Vegetable (Dudl	ni/Turia/Pum	pkin/Cucumber)
Eat One At A Ti	me With Skin,	Chew Well)
	e Cheese th sprouts) Vegetable (Dudl	e Cheese

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