

+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

1/21/2023

Weight: 65 kg	Name:	Rashmi	Age:33 Yrs	Height: 160 Cms	
Week 1 -	Day 1				
Mark tick/cross in the box below time, mention anything extra you had and submit weekly.					
9:30 AM	1 Katori Muse	li + 150ml Milk			
11:30 AM	8 Pcs. Walnuts	s (Eat One At A	Гіme, Chew Well)		
2:00 PM	Salad + 2 tsp s 2 Phulka Sabji	eeds (til seeds/ :	melon seeds/flax se	eds)	
4:00 PM	10 Pistachionu	ts (Eat One At A	A Time, Chew Well)		
6:30 PM	1 Slice/ Cube (1 Fruit	Cheese			
8:30 PM	Palak Soup 1 Bread toast				
11:00 PM	Tulsi tea (boil	tulsi leaves in w	ater)		
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: 65 kg Name: Rashmi Age:33 Yrs Height: 160 Cms

Week 1 -	Day 2
Mark tick/cross	i
9:30 AM	1 missi roti [methi/ corainder leaves + 50% besan/ ragi]
11:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:00 PM	Salad
	2 Phulka Gobi matar sabji
4:00 PM	4 Dates (Eat Half At A Time, Chew Well)
6:30 PM	Roasted Makhana
8:30 PM	2 Moong dal chilla (+lauki) Green Chutney
11:00 PM	Boil Ginger, mint in water and add lemon.

Mention total in day



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









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Weight: 65 kg Name: Rashmi Age:33 Yrs Height: 160 Cms

Week 1 - Day 3 Mark tick/cross i 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked] 9:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well) 11:30 AM Salad 2:00 PM 1 Millet roti Sabji kadi 4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well) 6:30 PM Roasted Makhana 8:30 PM 1 Katori Boiled Rajma + Saute Veggies Curd Dressing with herbs Tulsi tea (boil tulsi leaves in water) 11:00 PM

Mention total in day



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- B) Refer General Guidelines.









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Name: Rashmi Age:33 Yrs Height: 160 Cms Weight: 65 kg **Week 1 -** Day 4 Mark tick/cross i 1 Onion roti/ thalipith 9:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 11:30 AM Radish and Cucumber Salad 2:00 PM 1.5 Katori Rice 1 Katori Rajma 4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well) 6:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:30 PM 1 Katori Boiled Noodles + Saute veggies (can also have like a soup) 11:00 PM Tulsi tea (boil tulsi leaves in water) Mention total in day Exercise (in min) Water

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(in litres)









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Name: Rashmi Age:33 Yrs Height: 160 Cms Weight: 65 kg **Week 1 -** Day 5 Mark tick/cross 9:30 AM 1 Katori Museli + 150ml Milk 8 Almonds (Eat One At A Time With Skin, Chew Well) 11:30 AM 2:00 PM Salad + Sprouts 2 Phulka Sabji 4:00 PM 4 Dates (Eat Half At A Time, Chew Well) 1 Slice/ Cube Cheese 6:30 PM 1 Fruit 8:30 PM 1 Glass Milk + 1 tbsp chia seeds + 2 Fruits Boil Ginger, mint in water and add lemon. 11:00 PM

Program Expiry 21-04-23

Mention total in day

Water (in litres)

Exercise (in min)

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









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Name: Rashmi Age:33 Yrs Height: 160 Cms Weight: 65 kg **Week 1 -** Day 6 Mark tick/cross 1 Chilla [oats + besan + onion + coriander + veggies] 9:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well) 11:30 AM 2 Katori Palak Khichadi 2:00 PM 4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well) 6:30 PM Roasted Makhana 8:30 PM Free Meal!!

Mention total in day

11:00 PM



Program Expiry 21-04-23

A) If need be diet plan days can be interchanged within a week.

Boil Ginger, mint in water and add lemon.

B) Refer General Guidelines.









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Weight: 65 kg Name: Rashmi Age:33 Yrs Height: 160 Cms

Week 1 - Day 7 Mark tick/cross 9:30 AM 1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney 8 Almonds (Eat One At A Time With Skin, Chew Well) 11:30 AM Salad + handful of Peanuts 2:00 PM 1/2 Katori Rice + Dal 4:00 PM 4 Dates (Eat Half At A Time, Chew Well) 6:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:30 PM 2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney Tulsi tea (boil tulsi leaves in water) 11:00 PM

Mention total in day



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