Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

<u>Member</u>: 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

1/28/2023

Weight: 60 kg Name: Ritika Age: 30Yrs Height: 150 Cms

Week 3 - Day 1

Mark tick/cross in the box below time, mention anything extra you had and submit weekly.

9:00 AM 11:00 AM	1 Tsp Methi Seeds (soaked) Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	2 Phulka Sabji Palak Dal
6:30 PM	2 Eggs + veggies
8:30 PM	1 Stuffed Roti (Cauliflower) 1 Katori dahi + veggies
11:00 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
ention total in da Exercis (in mir	e

Program Expiry 21-04-23

Water (in litres)

Me



Weight: 60 kg

Name: Ritika Age: 30Yrs

Height: 150 Cms

Week 3 - Day 2

Mark tick/cross i

9:00 AM	1 Glass Water + 1 tbsp chia seeds
11:00 AM	2 Eggs + veggies
2:00 PM	Salad + Curd 2 Phulka Sabji
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	2 Katoris Green Dal Khichadi + Veggies + Tadka

11:00 PM

Tulsi tea (boil tulsi leaves in water)



Program Expiry 21-04-23



Age: 30Yrs

Height: 150 Cms

<u>Week 3 -</u>	Day 3
Mark tick/cross	i
9:00 AM	1 Tsp Methi Seeds (soaked)
11:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	Salad
	1 Katori Rice Chole
6:30 PM	2 Eggs + veggies
8:30 PM	Corn Chat
	1 Katori Corn + 50g Paneer + 2 Katoris Other Veggies
11:00 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
Mention total in day	
Exercise	

Name: Ritika



Water

(in min)

Weight: 60 kg



Weight: 60 kg

Name: Ritika Age: 30Yrs

Height: 150 Cms

Week 3 - Day 4

Mark tick/cross i

9:00 AM	1 Glass Water + 1 tbsp chia seeds
11:00 AM	1 ¹ / ₂ katoris poha [+ beans, carrot, capsicum, peas etc.]
2:00 PM	2 Phulka
	Cucumber Raita



Pani Puri - 6pcs



Soup 1 Phulka Sabji

11:00 PM

Tulsi tea (boil tulsi leaves in water)



Program Expiry 21-04-23



Age: 30Yrs

Height: 150 Cms

Week 3 - Day 5 Mark tick/cross i 9:00 AM 1 Tsp Methi Seeds (soaked) 11:00 AM 2 Fruits + 3 tsp Seeds 2:00 PM Salad 2 Phulka Sabji Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney) 6:30 PM 8:30 PM Veg. Pasta 1 Katori Boiled Pasta + lot of Veggies/ vegetable gravy Of Choice, +1 Cube Cheese 11:00 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well) Mention total in day Exercise (in min) Water (in litres)

Name: Ritika

Program Expiry 21-04-23

Weight: 60 kg



Age: 30Yrs

Height: 150 Cms

Week 3 -Day 6Mark tick/cross i9:00 AM1 Tsp Methi Seeds (soaked)

11:00 AM

Weight: 60 kg

2 Eggs + veggies

Salad + Curd

2 Phulka Sabji

2:00 PM

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

Name: Ritika



Free Meal!!

11:00 PM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)



Program Expiry 21-04-23



Weight: 60 kg

Name: Ritika Age: 30Yrs Height: 150 Cms

Week 3 - Day 7

Mark tick/cross i

9:00 AM	1 Glass Water + 1 tbsp chia seeds
11:00 AM	Fruit Smoothie / Bowl
	Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	Salad
	1 Katori Rice
	Dal
6:30 PM	2 Eggs + veggies
8:30 PM	Grilled Chicken
	Saute veggies
11:00 PM	Tulsi tea (boil tulsi leaves in water)
Mention total in day	
Exercise (in min)	
Water	
(in litres) 📃	-

Program Expiry 21-04-23