Sneha Fafat www.snehafafat.com

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<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

1/31/2023

Weight: 81.5 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 8 - Day 1

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

7:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
1:00 PM	1 Phulka Sabji Palak Dal
4:30 PM	Roasted Makhana
8:00 PM	1 Stuffed Roti (Cauliflower) 1 Katori dahi + veggies



21-02-23

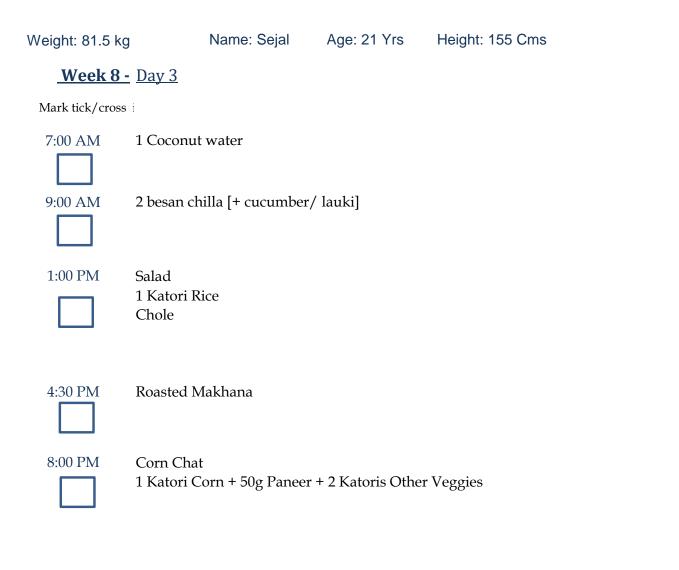


Weight: 81.5 kç	Name: Se	ejal Age: 21	Yrs Height	: 155 Cms
<u>Week 8 -</u> Day 2				
Mark tick/cross	i			
7:00 AM	4 Anjir (Eat Half At A	A Time, Chew W	ell)	
9:00 AM	2 Eggs + veggies			
1:00 PM	Salad + Curd 1 Phulka Sabji			
4:30 PM	1 Katori Boiled Chan [+ Veggies + Green C		nder + Carrot +	Lemon]
8:00 PM	2 Katoris Green Dal 1 + Veggies + Tadka	Khichadi		
Mention total in day				
Exercise				



Program Expiry 21-02-23









Weight: 81.5 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 8 - Day 4

Mark tick/cross i

7:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
9:00 AM	Fruit Smoothie / Bowl
	Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
1:00 PM	1 Phulka Sabji Cucumber Raita
4:30 PM	Roasted Makhana

8:00 PM

Soup 1 Phulka

Chicken



21-02-23



Weight: 81.5 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
<u>Week 8 -</u>	<u>Day 5</u>		
Mark tick/cross	i		
7:00 AM	4 Anjir (Eat Half At A Tin	ne, Chew Well)	
9:00 AM	1 Onion roti/ thalipith		
1:00 PM	Salad 1 Phulka Sabji		
4:30 PM	1 Katori Boiled Chana [+ Veggies + Green Chutr	ey + Coriander + C	čarrot + Lemon]
8:00 PM	Veg. Pasta 1 Katori Boiled Pasta + lot of Veggies/ vegetabl + 1 Cube Cheese	e gravy Of Choice,	
Mention total in day			





Weight: 81.5 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
<u>Week 8 -</u>	<u>Day 6</u>		
Mark tick/cross	i		
7:00 AM	1 Coconut water		
9:00 AM	2 Eggs + veggies		
1:00 PM	Salad + Curd 1 Phulka Sabji		
4:30 PM	Roasted Makhana		
8:00 PM	Free Meal!!		
Mention total in day Exercise (in min) Water (in litres)	-		

Program Expiry 21-02-23



Weight: 81.5 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 8 - Day 7

Mark tick/cross i

7:00 AM	1 Coconut water
9:00 AM	Fruit Smoothie / Bowl
	Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
1:00 PM	1 Katori Rice
	Dal with lots of veggies

4:30 PM

1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]



3 Eggs + Saute Veggies 1/2 Katori Rice



Program Expiry 21-02-23