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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

2/4/2023

Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms Week 4 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8:00 AM 1 Fruit 10:00 AM 1 Katori Museli + 150ml Milk 11:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 2:00 PM 1 Phulka Chole/ Rajma 5:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:30 PM 1 Katori Rice



Program Expiry 10-04-23

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

Chole/ Rajma









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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

#### **Week 4 -** Day 2

Mark tick/cross	i
8:00 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
10:00 AM	2 Eggs + veggies
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad
	1 Phulka Sabji Dal
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	3 Slices Pizza





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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

#### **Week 4 -** Day 3

Mark tick/cross	i
8:00 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
10:00 AM	2 Eggs + veggies
11:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:00 PM	Salad
	1 Katori Rice Dal
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	1 Phulka
	Paneer with Mix Veg.



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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

### **Week 4 -** Day 4

Mark tick/cross	i
8:00 AM	1 Fruit
10:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
11:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:00 PM	1 Phulka
	Green leafy vegetable
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	Baked/ Saute Vegetable In White Sauce
	(1 Katori White Sauce + herbs, 1 Cube Cheese)



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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Wee	k 4 -	Day	5

Mark tick/cross	i
8:00 AM	1 Fruit
10:00 AM	1 Katori Museli + 150ml Milk
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad + 2 tsp seeds (sauf/ til seeds/ melon seeds/flax seeds) 1 Phulka Sabji
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	1 Phulka Sabji





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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

#### **Week 4 -** Day 6

Mark tick/cross	i
8:00 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
10:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]
11:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well
2:00 PM	1 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	Free Meal!!



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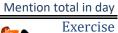


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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Weel	k 4 -	Day	7

Mark tick/cross	s i
8:00 AM	1 Fruit
10:00 AM	2 Eggs + veggies
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad (+ moth sprouts)
	1 Phulka Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
8:30 PM	5-6 Dhoklas





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