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Ex-Diet Consultant

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2/7/2023

Name: Shikha Age: 35 Yrs Height: 160Cms Weight: 62 kg Week 1 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 9:00 AM 1 Coconut water 10:30 AM Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds 2:00 PM 1 Phulka Sabji Salad + curd 4:30 PM Sauf Water (soak 1 tbsp Sauf 3-4 hrs in water,eat sauf also) 6:30 PM 30g Coconut (grated or 2" x 2" Piece) 2 Phulkas 9:00 PM Paneer with Mix Veg. 12:00 AM 1 Small Dark Chocolate [15 - 20g] Mention total in day Exercise

Program Expiry 29-04-23

Water (in litres)

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

(in min)









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Weight: 62 kg Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 -	Day 2
Mark tick/cross	i
9:00 AM	Tulsi tea (boil tulsi leaves in water)
10:30 AM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
2:00 PM	Salad 1 Phulka Sabji Kadi
4:30 PM	200 ml Fruit Juice
6:30 PM	Saute Peas with onion
9:00 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)
12:00 AM	4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



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- B) Refer General Guidelines.









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Name: Shikha Age: 35 Yrs Weight: 62 kg Height: 160Cms **Week 1 -** Day 3 Mark tick/cross 9:00 AM 1 Coconut water 10:30 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 4:30 PM Sauf Water (soak 1 tbsp Sauf 3-4 hrs in water,eat sauf also) 6:30 PM Saute Peas with onion 9:00 PM 2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney 12:00 AM 1 Small Dark Chocolate [15 - 20g] Mention total in day Exercise

Program Expiry 29-04-23

Water (in litres)

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

(in min)









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Weight: 62 kg Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 -	<u>Day 4</u>
Mark tick/cross	i
9:00 AM	1 Coconut water
10:30 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	1 Phulka Green leafy vegetable
4:30 PM	200 ml Fruit Juice
6:30 PM	30g Coconut (grated or 2" x 2" Piece)
9:00 PM	2 Dosa Sambar chutney
12:00 AM	4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



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- B) Refer General Guidelines.









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Weight: 62 kg Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 - Day 5 Mark tick/cross i 9:00 AM Tulsi tea (boil tulsi leaves in water) 10:30 AM 1½ katoris upma [made of oats/ sevaiya + veggies] 2:00 PM Salad + 2 tsp seeds (sauf/ til seeds/ melon seeds/flax seeds) 1 Phulka Sabji 4:30 PM Sauf Water (soak 1 tbsp Sauf 3-4 hrs in water,eat sauf also) 6:30 PM 30g Coconut (grated or 2" x 2" Piece) 9:00 PM 2 Phulka Sabji

Mention total in day

12:00 AM



Program Expiry 29-04-23

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

4 Anjir (Eat Half At A Time, Chew Well)

B) Refer General Guidelines.









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Weight: 62 kg Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 -	Day 6
Mark tick/cross	i
9:00 AM	1 Coconut water
10:30 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	1 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
4:30 PM	200 ml Fruit Juice
6:30 PM	Saute Peas with onion
9:00 PM	Free Meal!!
12:00 AM	1 Small Dark Chocolate [15 - 20g]

Mention 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: 62 kg Name: Shikha Age: 35 Yrs Height: 160Cms

Week 1 -	<u>Day 7</u>
Mark tick/cross	i
9:00 AM	1 Coconut water
10:30 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	Salad (+ moth sprouts) 1 Phulka Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
4:30 PM	200 ml Fruit Juice
6:30 PM	30g Coconut (grated or 2" x 2" Piece)
9:00 PM	5-6 Dhoklas
12:00 AM	1 Small Dark Chocolate [15 - 20g]

Mention 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.