

+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

2/9/2023

Weight: 82 l	kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
Week 9) - <u>Day 1</u>			
Mark tick/cros	ss in the box b	elow time, mention a	nything extra you h	ad and submit weekly.
7:00 AM [Pre workout only]	`	Eat Half At A Tim	e, Chew Well)	
9:00 AM	1 Slice/ C 1 Fruit	Cube Cheese		
1:00 PM	1 Phulka Sabji Salad + cı	ırd		
4:30 PM	1 Glass M	ilk Shake (1 Sma	ll Banana, No Sug	gar)
8:00 PM	1 Phulka Paneer w	ith Mix Veg.		



Program Expiry 21-02-23

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









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vveignt: 82 kg	Name: Sejai	Age: 21 YIS	Height: 155 Cms
Week 9 - Day 2			
Mark tick/cross			

Mark tick/ cross	1
7:00 AM [Pre workout only]	1 Banana (take Small bites, chew well)
9:00 AM	2 Eggs + veggies
1:00 PM	1 Phulka Sabji Dal

4:30 PM	Saute Peas with onion
8:00 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



21-02-23

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Weight: 82 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
Week 9 -	<u>Day 3</u>		
Mark tick/cross	i		
7:00 AM [Pre workout only]	4 Dates (Eat Half At A T	ime, Chew Well)	
9:00 AM	2 Eggs + veggies		
1:00 PM	Salad 1 Katori Rice Dal with Palak		

Hot Chocolate (Home Made)

1 Phulka Chicken

[Milk + 1 tbsp Chocolate syrup]

Mention total in day			
Exercise			
(in min))		
Water =			
(in litres)			
	_		

4:30 PM

8:00 PM

Program Expiry 21-02-23

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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 82 kg **Week 9 -** Day 4 Mark tick/cross 7:00 AM 1 Banana (take Small bites, chew well) [Pre workout only] 9:00 AM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 1:00 PM 1 Phulka Green leafy vegetable 4:30 PM 1 Glass Milk Shake (1 Small Banana, No Sugar) 8:00 PM 3 Eggs + Saute Veggies 1/2 Katori Rice



Program Expiry 21-02-23

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Weight: 82 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
Week 9 -	Day 5		
Mark tick/cross	i		
7:00 AM [Pre workout only]	1 Banana (take Small bite	s, chew well)	
9:00 AM	1 Chilla [oats + Besan + o	nion + veggies]	
1:00 PM	Salad + 2 tsp seeds (sauf/ 1 Phulka Sabji	til seeds/ melon s	eeds/flax seeds)
4:30 PM	1 Glass Milk Shake (1 Sm.	all Banana, No Sug	;ar)
8:00 PM	1 Phulka Sabji		



Program Expiry 21-02-23

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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 82 kg Week 9 - Day 6 Mark tick/cross 7:00 AM 4 Dates (Eat Half At A Time, Chew Well) [Pre workout only] 1 Slice/ Cube Cheese 9:00 AM 1 Fruit 1:00 PM 1 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies) Saute Peas with onion 4:30 PM 8:00 PM Free Meal!!



Program Expiry 21-02-23

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Weight:	82 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
Wee	k 9 - Day 7			
Mark tick/	'cross i			
7:00 AN [Pre work only]	`	Eat Half At A Tin	ne, Chew Well)	
9:00 AM	1 2 Eggs +	veggies		
1:00 PM	1 Phulka		dhi/Turia/Pump	kin/Cucumber)
4:30 PM		colate (Home Mad tbsp Chocolate s	,	
8:00 PM	I 5-6 Dhok	las		

Mention total in day

Exercise
(in min)

Water
(in litres)

Program Expiry 21-02-23

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