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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

2/15/2023

Name: Aarti Age: 30 Yrs Height: 152 Cms Weight: Week 1 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 7:30 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well) 9:30 AM 2 Eggs + veggies 11:30 AM 1 Coconut water 1:30 PM 2 Phulka Sabji Salad 5:00 PM Murmura (+ Veggies + Green Chutney) 7:30 PM 2 Besan chilla [+ cucumber/ lauki] 1 Katori Curd 10:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well) 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.

Program Expiry 21-05-23









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## **Week 1 -** Day 2

Mark tick/cross	i
7:30 AM	2 Dates (Eat Half At A Time, Chew Well)
9:30 AM	1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
11:30 AM	1 Coconut water
1:30 PM	Salad + 2 tsp Mix sededs
	2 Phulka
	Palak Sabji
5:00 PM	Murmura (+ Veggies + Green Chutney)
7:30 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)
10:30 PM	1 Glass Milk
Mention total in day	<u>′</u>
Exercise	
(in min	1

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Water (in litres)

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## **Week 1 -** Day 3

Mark tick/cross	i
7:30 AM	4 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:30 AM	1 methi thepla
11:30 AM	Buttermilk
1:30 PM	Salad 2 Onion roti / thalipith
	1 Katori Curd + Veggies
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:30 PM	Veg. Pasta 1 Katori Boiled Pasta + lot of Veggies/ vegetable gravy Of Choice, + 1 Cube Cheese
10:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
Exercise (in min)	= 9
Water 📄	-

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(in litres)

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#### **Week 1 -** Day 4

week 1 -	Day 4
Mark tick/cross	i
7:30 AM	2 Dates (Eat Half At A Time, Chew Well)
9:30 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:30 AM	1 Coconut water
1:30 PM	2 Phulka Paneer with Mix Veg.
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:30 PM	1 Phulka Sabji Salad
10:30 PM	1 Glass Milk
Exercise (in min)	
Water 🚃	

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(in litres)

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#### Weight:

## **Week 1 -** Day 5

Mark tick/cross	i
7:30 AM	2 Dates (Eat Half At A Time, Chew Well)
9:30 AM	2 Eggs + veggies
11:30 AM	1 Coconut water
1:30 PM	Salad
	2 Stuffed roti (peas)
	Tomato Chutney
5:00 PM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:30 PM	Veg. Sandwich [2 Bread Slices + Veggies, No Butter]
	1 Slice cheese
10:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
ention total in day	_
Exercise	•
(in min)	-
Water (in litres)	

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## **Week 1 -** Day 6

Mark tick/cross	i
7:30 AM	4 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:30 AM	$1\frac{1}{2}$ katoris poha [+ beans, carrot, capsicum, peas etc.]
11:30 AM	Buttermilk
1:30 PM	2 Phulka Cabbage And Peas Sabji Dal
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:30 PM	Free Meal!!
10:30 PM	Nil
ention total in day	
Exercise (in min)	
Water (in litres)	

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## **Week 1 -** Day 7

Mark tick/cross	i
7:30 AM	4 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:30 AM	$1\frac{1}{2}$ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:30 AM	Buttermilk
1:30 PM	Salad (Carrot + Radish +Other Veggies) 2 Stuffed Lauki Roti Kadi
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:30 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)
10:30 PM	1 Glass Milk
Exercise (in min)	
Water (in litres)	

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