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#### www.snehafafat.com

**Ex-Diet Consultant** 

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

 $\underline{\textbf{Member}}\text{: } \textbf{Canadian Nutrition society, European Society for Clinical Nutrition \& Metabolism,}$ 

Indian Dietetic Association, International confederation of Dietetic Associations,

Asian Federation of Dietetic Associations, Orange City Runners

2/16/2023

Name: Sejal Age: 21 Yrs Weight: 81.7 kg Height: 155 Cms Week 10 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) [Pre workout only] 2 Eggs + veggies 9:00 AM 1:00 PM 1 Phulka Sabji Salad 4:30 PM 1 Glass Water + 1 tbsp chia seeds 8:00 PM 3 Eggs + Saute Veggies



Program Expiry 21-02-23

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

1/2 Katori Rice









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Weight: 81.7 kg	Na	ame: Sejal	Age: 21 Yrs	Height: 155 Cms
Week 10 -	Day 2			
Mark tick/cross	i			
7:00 AM  [Pre workout only]	1 Fruit			
9:00 AM	1 ½ Katori Sp	routs [+ Veggio	es; Raw or half co	ooked]
1:00 PM	Salad + 2 tsp 1 Phulka Palak Sabji	Mix seeds		
4:30 PM		e (Home Made) o Chocolate syri		
8:00 PM	2 Katoris Khi with lots of v + 1 tsp ghee (	eggies and tadk	a	



Program Expiry 21-02-23

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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 81.7 kg **Week 10 -** Day 3 Mark tick/cross 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:00 AM [Pre workout only] 1 methi thepla 9:00 AM 1:00 PM Salad 1 onion roti / thalipith 1 Katori Curd + Veggies 4:30 PM 1 Glass Water + 1 tbsp chia seeds 8:00 PM Veg. Pasta 1 Katori Boiled Pasta + lot of Veggies/ vegetable gravy Of Choice, + 1 Cube Cheese



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Weight: 81.7 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

### Week 10 - Day 4

Mark tick/cross	i
7:00 AM  [Pre workout only]	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	2 Eggs + veggies
1:00 PM	1 Phulka Paneer with Mix Veg.
4:30 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]
8:00 PM	1 Phulka Sabji Salad

# Exercise (in min) Water (in litres)

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Weight: 81.7 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
Week 10 -	Day 5		
Mark tick/cross	i		
7:00 AM  [Pre workout only]	1 Fruit		
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk +	Mix dryfruits 1 th	osp + 2 tsp roasted Flax seeds
1:00 PM	Salad + 2 tsp Mix Seeds 1 Stuffed roti (peas) Tomato Chutney		
4:30 PM	1 Glass Water + 1 tbsp chia	seeds	
8:00 PM	3 Eggs + Saute Veggies		



Program Expiry 21-02-23

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1/2 Katori Rice









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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 81.7 kg Week 10 - Day 6 Mark tick/cross 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:00 AM [Pre workout only] 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] 9:00 AM 1:00 PM 1 Phulka Cabbage And Peas Sabji Dal 4:30 PM Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]



8:00 PM

Free Meal!!

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Weight: 81.7 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

### Week 10 - Day 7

Mark tick/cross

7:00 AM	1 Fruit

[Pre workout only]

1:00 PM

Salad + 2 tsp Mix Seeds

1 Stuffed Lauki Roti

Kadi

4:30 PM Hot Chocolate (Home Made)

[Milk + 1 tbsp Chocolate syrup]

8:00 PM 2 Katoris Khichadi

with lots of veggies and tadka

+ 1 tsp ghee (from top)



Program Expiry 21-02-23

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