Registered Dietician #63/08 +91 9890601345

Sneha Fafat

<u>Ex-Diet Consultant</u> Lilavati Hospital, Mumbai

Bombay Hospital, Mumbai

<u>Member</u>: 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

18-02-23

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

www.snehafafat.com

<u>Week 6 - Day 1</u>

Mark tick/cross in the box below time, mention anything extra you had and submit weekly.

10:00 AM	2 Eggs + veggies
2:00 PM	Salad + Curd 1 Phulka Sabji
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	Salad 1 Katori Rice Palak Dal



Program Expiry 10-04-23



Weight: 67.5 kg	Name:	Akanksha	Age: 29 Yrs	Height: 160 Cms
Week 6 -	Day 2			
Mark tick/cross	i			
10:00 AM	Fruit Smoothie Fruit + 100ml	-	Mix dryfruits 1 tbsp ·	+ 2 tsp roasted Flax seeds
2:00 PM	Salad + Moon 1 Phulka Sabji	g		
5:30 PM	2 Eggs + vegg	ries		
8:30 PM	1 Millet roti Sabji Dal/ Kadi			



Program Expiry 10-04-23



Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 3

Mark tick/cross i

10:00 AM	2 besan chilla [+ cucumber/ lauki]
2:00 PM	1 Phulka Paneer Sabji
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	3-4 Eggs + Saute Veggies



Program Expiry 10-04-23



Age: 29 Yrs

18-02-23

Height: 160 Cms

kg	Name:	Akanksha
<u>6 -</u> Day	4	
oss i		
2 Eg	gs + vegs	gies
Sabj	i	
	-	Cheese
0		en
	6 - Day oss i 2 Eg 1 Ph Sabj Pala 1 Sli 1 Fri Grill	6 - <u>Day 4</u>



Program Expiry 10-04-23



Weight: 67.5 kg

Name: Akanksha

Age: 29 Yrs

Height: 160 Cms

Week 6 - Day 5

Mark tick/cross i

10:00 AM	1 Katori Peanuts [boiled/ roasted]
2:00 PM	Salad 1 Katoris Rice 1 Katori Rajma
5:30 PM	2 Eggs + veggies
8:30 PM	1 Phulka Sabji Dal/ Kadi



Program Expiry 10-04-23



Weight: 67.5 kg	g Name:	Akanksha	Age: 29 Yrs	Height: 160 Cms
Week 6	Day 6			
Mark tick/cross	i			
10:00 AM	Fruit Smoothi Fruit + 100ml		Mix dryfruits 1 tbsp	9 + 2 tsp roasted Flax seeds
2:00 PM	1 Phulka			
	Methi Matar S 1 Katori Thick	,	ons and Tomatoes	
5:30 PM	2 Eggs + vegg	ries		
8:30 PM	Free Meal!!			



Program Expiry 10-04-23



Age: 29 Yrs

Height: 160 Cms

<u>Week 6 -</u> Day 7

Mark tick/cross i

10:00 AM		

2:00 PM

Salad + Curd 1 Phulka Sabji

2 Eggs + veggies



1 Slice/ Cube Cheese 1 Fruit

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



Program Expiry 10-04-23