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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

18-02-23

	Name: Richa	Age: 35 Yrs	Height:
Weight: 73.4 kg		155Cms	
Week 3 -	<u>Day 1</u>		
Mark tick/cross	in the box below time, mention anythin	g extra you had and submit weekly.	
9:00 AM	1½ katoris rava upma [+ peas, to	omatoes, coriander, beans etc.]	
10:30 AM	1 Fruit		
12:00 PM	Salad + Curd 1 Phulka Sabji		
4:00 PM	Saute Peas		
7:00 PM	Salad		
	1 Katori Rice		
	Palak Dal		
10:00 PM	10 Pistachionuts (Eat One At A T	Fime, Chew Well)	
Mention total in day	-		
Exercise	=		
(in min) Water	-		
vvatt1			

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

(in litres)

Program Expiry 21-04-23









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18-02-23

Age:	35	Yrs	Height:
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Weight: 73.4 kg 155Cms

Name: Richa

#### **Week 3 -** Day 2

Mark tick/cross	i
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
10:30 AM	2 Anjir (Eat Half At A Time, Chew Well)
12:00 PM	Salad + Moong 1 Phulka Sabji
4:00 PM	Raita [1 Katori Curd + Veggies]
7:00 PM	1 Millet roti
	Sabji
	Dal/ Kadi
10:00 PM	3tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
ention total in day	<u>.                                    </u>
Exercise (in min)	
Water	-
(in litres)	_

- Program Expiry 21-04-23
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Weight: 73.4 kg







### Sneha Fafat

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18-02-23

Height:

# Name: Richa Age: 35 Yrs 155Cms

#### **Week 3 -** Day 3

Mark tick/cross	i
9:00 AM	2 besan chilla [+ cucumber/ lauki]
10:30 AM	2 Anjir (Eat Half At A Time, Chew Well)
12:00 PM	1 Stuffed Roti (capsicum + paneer - 2 tsp) 1 Katoris Curd with Onions and Tomatoes
4:00 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]
7:00 PM	Cucumber And Tomato Salad 2 Katori Matar Pulav (1 Katori Peas) Dal Fry (+ onions & tomatoes)
10:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
ention total in day	<u>.</u>
Exercise (in min)	<del>.</del>
Water	•
(in litres)	

- Program Expiry 21-04-23
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Age: 35 Yrs Height:

Weight: 73.4 kg 155Cms

Name: Richa

#### **Week 3 -** Day 4

Mark tick/cross	i
9:00 AM	$1\frac{1}{2}$ katoris poha [+ beans, carrot, capsicum, peas etc.]
10:30 AM	1 Fruit
12:00 PM	1 Phulka
	Sabji
	Palak Dal
4:00 PM	Saute Peas
7:00 PM	Mix Veg. Soup
	2 Katori Daliya (+ Veggies)
10:00 PM	3tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
ention total in day	_
Exercise (in min)	<del>.</del>
Water 📄	-
(in litres)	_

21-04-23

Program Expiry

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Name: Richa Age: 35 Yrs Height:

Weight: 73.4 kg 155Cms

Week 3 -	<u>Day 5</u>
Mark tick/cross	j

9:00 AM	1 Katori Peanuts [boiled/ roasted]
10:30 AM	2 Anjir (Eat Half At A Time, Chew Well)
12:00 PM	Radish and Cucumber Salad 1 Katoris Rice 1 Katori Rajma
4:00 PM	Raita [1 Katori Curd + Veggies]
7:00 PM	1 Millet roti Sabji Dal/ Kadi
10:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
ntion total in day	<u>-</u>
Exercise (in min)	
Water =	-

Program Expiry 21-04-23

(in litres)

- A) If need be diet plan days can be interchanged within a week.
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18-02-23

ge: 35 Yrs	Height:
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Weight: 73.4 kg 155Cms

Name: Richa

#### Week 3 - Day 6

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Mark tick/cross	i
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
10:30 AM	2 Anjir (Eat Half At A Time, Chew Well)
12:00 PM	1 Phulka Methi Matar Sabji 1 Katori Thick Dal with Onions and Tomatoes
4:00 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]
7:00 PM	Free Meal!!
10:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
ention total in day	
Exercise (in min)	-
Water (in litres)	<del>-</del>

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Age: 35 Yrs Height:

Weight: 73.4 kg 155Cms

Name: Richa

#### **Week 3 -** Day 7

Mark tick/cross	i
9:00 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
10:30 AM	1 Fruit
12:00 PM	2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney
4:00 PM	Raita [1 Katori Curd + Veggies]
7:00 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)
10:00 PM	3tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
Exercise (in min) Water	
(in litres)	

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