

#### www.snehafafat.com

Ex-Diet Consultant

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2/25/2023

Weight: 67.5 kg

Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 7 - Day 1

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

1 Phulka

Sabji

Dal

1 Katori Peanuts [boiled/ roasted]

8:30 PM Salad

1 Katori Rice

Dal

Mention total in day

Exercise

5:30 PM



(in litres)

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









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

**Week 7 -** Day 2

Mark tick/cross	i
10:00 AM	1 Roti + 50g Avacado
2:00 PM	Salad 1 Phulka Chole

5:30 PM	1 Katori Chole + Veggies
8:30 PM	3-4 Slices Thin crust Pizza



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







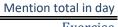


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Weight: 67.5 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 7 -** Day 3

WCCR /	Day 5	
Mark tick/cross		
10:00 AM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added	
2:00 PM	1 Katori Rice Palak Dal	
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)	
8:30 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)	





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- B) Refer General Guidelines.









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

**Week 7 -** Day 4

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Mark	tick/	cross	1

10:00 AM 1 Roti + 50g Avacado

2:00 PM 1 Phulka

Sabji Salad + Moong

5:30 PM Salad + Moong

8:30 PM Grilled Chicken

Veggies

Mention total in day



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









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

Week 7 - Day 5

Mark tick/	cross i	
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10:00 AM 2 Eggs + veggies

2:00 PM Salad

1 Katori Rice Chicken

5:30 PM

1 Katori Peanuts [boiled/ roasted]

8:30 PM

1 Katori Rajma + Saute veggies + Curd

Mention total in day



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

**Week 7 -** Day 6

WCCR /	<u> </u>	
Mark tick/cross		
10:00 AM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added	
2:00 PM	1 Phulka 2 Eggs + veggies	
5:30 PM	1 Katori Peanuts [boiled/ roasted]	
8:30 PM	Free Meal!!	

Mention total in day



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









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

Week 7 - Day 7 Mark tick/cross 10:00 AM Nil

2:00 PM Salad 1 Phulka Sabji

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney) 5:30 PM

Grilled Chicken 8:30 PM

Veggies

Mention total in day



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