Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 <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

2/27/2023

Weight: 81 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

Week 11 - Day 1

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

7:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
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[Pre workout only]



1 besan chilla [+ cucumber/ lauki]



1 Phulka Sabji Dal

Salad



Saute Peas with onion

8:00	PM
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Salad 1 Katori Rice Palak Dal





Weight	:: 81 kg	I	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
Wee	<u>k 11 -</u>	Day 2			
Mark tic	k/cross	i			
7:00 A	orkout	Sauf Wate	r (soak 1 tbsp Sau	f overnight in wa	ater,eat sauf also)
9:00 A	M	•	laddu (Walnuts - jaggery to be add		Seeds + Dates + Anjeer)
1:00 P	°M	Salad 1 Phulka Chole			
4:30 P	°M		blate (Home Made bsp Chocolate sy		
8:00 P	'M	1 Millet ro Sabji Dal/ Kadi	-		





Weight: 81 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
<u>Week 11 -</u>	<u>Day 3</u>		
Mark tick/cross	i		
7:00 AM [Pre workout only]	8 Pcs. Walnuts (Eat One At	A Time, Chew W	ell)
9:00 AM	1½ katoris poha [+ beans, ca	arrot, capsicum, p	eas etc.]
1:00 PM	1 Katori Rice Palak Dal		
4:30 PM	1 Dryfruit laddu (Walnuts - No sugar/ jaggery to be add		Seeds + Dates + Anjeer)

8:00 PM

3 Eggs + Saute Veggies 1/2 Katori Rice



21-02-23



Weight: 81 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
<u>Week 11 -</u>	Day 4		
Mark tick/cross	i		
7:00 AM [Pre workout only]	Sauf Water (soak 1 tbsp Sau	f overnight in wa	ter,eat sauf also)
9:00 AM	1 Katori Boiled Chana [+ Veggies + Lemon]		
1:00 PM	1 Phulka Sabji Salad + Moong		
4:30 PM	Saute Peas with onion		
8:00 PM	Grilled Chicken Veggies		
Mention total in day Exercise (in min) Water			

Program Expiry 21-02-23

(in litres)



Weight: 81 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
<u>Week 11 -</u>	<u>Day 5</u>		
Mark tick/cross	i		
7:00 AM [Pre workout only]	Sauf Water (soak 1 tbsp Sau	ıf overnight in wa	ter,eat sauf also)
9:00 AM	1 Chilla [oats + Besan+ onio	on + veggies]	
1:00 PM	Salad 1 Katori Rice Chicken		
4:30 PM	1 Dryfruit laddu (Walnuts No sugar/ jaggery to be ad		Seeds + Dates + Anjeer)
8:00 PM	1 Millet roti Sabji Dal/ Kadi		





Weight: 81 kg	Name: Sejal	Age: 21 Yrs	Height: 155 Cms
<u>Week 11 -</u>	Day 6		
Mark tick/cross	i		
7:00 AM [Pre workout only]	8 Pcs. Walnuts (Eat One	At A Time, Chew W	ell)
9:00 AM	1 Dryfruit laddu (Walnu No sugar/ jaggery to be		Seeds + Dates + Anjeer)
1:00 PM	1 Phulka		
	2 Eggs + veggies		
4:30 PM	Saute Peas with onion		
8:00 PM	Free Meal!!		
Mention total in day	-		
Program Expiry 21-02-23			



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Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 11 - Day 7

Mark tick/cross i

7:00 AM	8 Pc
[Pre workout	

cs. Walnuts (Eat One At A Time, Chew Well)

only]

9:00 AM

1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney



1:	00	PN	Л

Salad 1 Phulka Sabji



Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]



3 Eggs + Saute Veggies 1/2 Katori Rice



21-02-23