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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

2/27/2023

Weight: 74 kgs	Name: Shailaja	Age: 31 Yrs	Height: 178 Cms			
Week 1 - Da	ny 1					
Mark tick/cross in the box below time, mention anything extra you had and submit weekly.						
10:30 AM						
Pre-workout						
12:30 PM						
2.20 DM						
3:30 PM						
5:30 PM						
9.00 DM						
8:00 PM						

Program Expiry 21-08-20

Water (in litres)

(in min)

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









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Weight: 74 kgs	Name: Shailaja	Age: 31 Yrs	Height: 178 Cms
Week 1 - Day	y 2		
Mark tick/cross			
10:30 AM Pre-workout  12:30 PM			
3:30 PM			
5:30 PM			
8:00 PM			

Program Expiry 21-08-20

Mention total in day

Water (in litres)

Exercise (in min)

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









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Weight: 74 kgs Name: Shailaja Age: 31 Yrs Height: 178 Cms

Week 1 - Day 3

Mark tick/cross i

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Pre-workout

12:30 PM 2 Stuffed Roti (capsicum + paneer - 2 tsp) 1 Katoris Curd with Onions and Tomatoes

5:30 PM 1 Slice/ Cube Cheese 1 Fruit

Buttermilk

8:00 PM Saute Matar, beans & carrots Fish



3:30 PM

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- B) Refer General Guidelines.









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Weight: 74 kgs Name: Shailaja Age: 31 Yrs Height: 178 Cms

Mark tick/cross i

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

Pre-workout

12:30 PM 1 Phulka
Sabji
Palak Dal

3:30 PM 1 Coconut water

5:30 PM 2 Eggs + Veggies

Mix Veg. Soup

2 Katori Daliya (+ Veggies)

Mention total in day				
<u></u>	Exercise			
	(in min)			
Water (in litres)				

8:00 PM

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









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Name: Shailaja Age: 31 Yrs Height: 178 Cms Weight: 74 kgs **Week 1 -** Day 5 Mark tick/cross 5 Cashewnuts (Eat One At A Time, Chew Well) 10:30 AM Pre-workout 12:30 PM 1 Phulka Sabji Buttermilk 3:30 PM 5:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:00 PM Grilled Chicken Saute veggies



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- B) Refer General Guidelines.









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Name: Shailaja Age: 31 Yrs Height: 178 Cms Weight: 74 kgs **Week 1 -** Day 6 Mark tick/cross 10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) Pre-workout 12:30 PM 1 Phulka Methi Matar Sabji 1 Katori Thick Dal with Onions and Tomatoes 3:30 PM 1 Coconut water 5:30 PM 1 Slice/ Cube Cheese 1 Fruit 8:00 PM Free Meal!!



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





1 Katori Rajma + Veggies





#### Sneha Fafat

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Name: Shailaja Age: 31 Yrs Height: 178 Cms Weight: 74 kgs **Week 1 -** Day 7 Mark tick/cross 8 Almonds (Eat One At A Time With Skin, Chew Well) 10:30 AM Pre-workout 12:30 PM 2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney Buttermilk 3:30 PM 2 Eggs + Veggies 5:30 PM

Mention total in day				
STA.	Exercise			
	(in min)			
Water (in litres)				

8:00 PM

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