

Weight: 80.9 kg

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Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Height: 155 Cms

+91 9890601345

Bombay Hospital, Mu

Member: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism,

Name: Sejal

Indian Dietetic Association, International confederation of Dietetic Associations,

Age: 21 Yrs

Asian Federation of Dietetic Associations, Orange City Runners

3/8/2023

Meek 12 - Day 1  Mark tick/cross in the box below time, mention anything extra you had and submit weekly.  7:00 AM  8 Almonds (Eat One At A Time With Skin, Chew Well)  9:00 AM  1½ katoris poha [+ beans, carrot, capsicum, peas etc.]  1:00 PM  Salad  1 Katori Rice  + Rajma  4:30 PM  Hot Chocolate (Home Made)  [Milk + 1 tbsp Chocolate syrup]  8:00 PM  Salad  1 Phulka  Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)	0 0	,
7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)  9:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.]  1:00 PM Salad 1 Katori Rice + Rajma  4:30 PM Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad 1 Phulka	Week 12 -	<u>Day 1</u>
Pre workout only]  9:00 AM  1½ katoris poha [+ beans, carrot, capsicum, peas etc.]  1:00 PM  Salad  1 Katori Rice  + Rajma  4:30 PM  Hot Chocolate (Home Made)  [Milk + 1 tbsp Chocolate syrup]  8:00 PM  Salad  1 Phulka	Mark tick/cross	in the box below time, mention anything extra you had and submit weekly.
1:00 PM Salad 1 Katori Rice + Rajma  4:30 PM Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad 1 Phulka	[Pre workout	8 Almonds (Eat One At A Time With Skin, Chew Well)
1 Katori Rice + Rajma  4:30 PM Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad 1 Phulka	9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
+ Rajma  4:30 PM Hot Chocolate (Home Made)  [Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad 1 Phulka	1:00 PM	Salad
4:30 PM Hot Chocolate (Home Made)  [Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad  1 Phulka		1 Katori Rice
[Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad 1 Phulka		+ Rajma
[Milk + 1 tbsp Chocolate syrup]  8:00 PM Salad 1 Phulka	400 PM	
8:00 PM Salad 1 Phulka	4:30 PM	,
1 Phulka		[Milk + 1 tosp Chocolate syrup]
	8:00 PM	
Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)		
		Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
	Mention total in day	<i>I</i>
	iviention total in day	/

Program Expiry 21-02-23

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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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 80.9 kg **Week 12 -** Day 2 Mark tick/cross 7:00 AM Tulsi tea (boil tulsi leaves in water) [Pre workout only] 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked] 9:00 AM 1:00 PM Salad 1 Phulka Sabji 4:30 PM 1 Coconut water 8:00 PM 3 Eggs + Saute Veggies 1/2 Katori Rice



21-02-23

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









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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 80.9 kg **Week 12 -** Day 3 Mark tick/cross 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:00 AM [Pre workout only] 1 Katori Roasted Chana 9:00 AM 1:00 PM Grilled Chicken Saute Veggies 4:30 PM Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup] 8:00 PM 1 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)



Program Expiry 21-02-23

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- B) Refer General Guidelines.









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Weight: 80.9 kg Name: Sejal Age: 21 Yrs Height: 155 Cms **Week 12 -** Day 4 Mark tick/cross 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:00 AM [Pre workout only] 2 Eggs +Veggies 9:00 AM 1:00 PM Salad 1 Phulka Sabji 4:30 PM 1 Coconut water 8:00 PM Salad 1 Stuffed Lauki Roti



Program Expiry 21-02-23

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Weight: 80.9 kg Name: Sejal Age: 21 Yrs Height: 155 Cms

#### Week 12 - Day 5

Weekil	Buyo
Mark tick/cross	i
7:00 AM  [Pre workout only]	Tulsi tea (boil tulsi leaves in water)
9:00 AM	Murmura + 1/2 Katori Roasted Chana
1:00 PM	Salad 1 Peas Stuffed Roti Curd
4:30 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]



8:00 PM

3 Eggs

+ Saute Veggies 1/2 Katori Rice

Program Expiry 21-02-23

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Name: Sejal Age: 21 Yrs Height: 155 Cms Weight: 80.9 kg Week 12 - Day 6 Mark tick/cross 7:00 AM Tulsi tea (boil tulsi leaves in water) [Pre workout only] 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] 9:00 AM 1:00 PM 1 Katori Khichadi with lots of veggies and tadka + 1 tsp ghee (from top) 4:30 PM 1 Coconut water 8:00 PM Free Meal!!



Program Expiry 21-02-23

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Weight: 80.9 kg

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

Week 12 - Day 7

Mark tick/cross i

7:00 AM  [Pre workout only]	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	2 Eggs +Veggies
1:00 PM	1 Katori Corn + Saute Veggies + 1 Cube Cheese

4:30 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup
8:00 PM	Grilled Fish Saute veggies



Program Expiry 21-02-23

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- B) Refer General Guidelines.