

+91 9890601345

#### 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

3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms **Week 9 - Day 1** Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 10:00 AM 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] 2:00 PM Salad 1 Phulka Sabji Dal Saute Peas with onion 5:30 PM 8:30 PM 1 Katori Green Khichadi 2 Bowls Kadi (With Methi Leaves)



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









www.snehafafat.com 3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 9 -** Day 2

Mark tick/	cross i	
------------	---------	--

10:00 AM 2 Eggs + veggies

2:00 PM Salad

+ 1 katori Rajma + 1 Katori Curd

5:30 PM

Pop-corn

8:30 PM

1 Stuffed Roti (Cauliflower)

1 Katori dahi + veggies

Mention total in day



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









www.snehafafat.com 3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

<u>Wee</u>	<u>k 9 -</u>	<u>Day</u>	<u>3</u>

Mark tick/cross	s i
10:00 AM	1 Glass Milk + 1 tbsp chia seeds
2:00 PM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
5:30 PM	Saute Peas with onion
8:30 PM	Salad 1 Phulka Sabji

Mention total in day

Dal



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









www.snehafafat.com 3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 9 - Day 4

Mark tick/cross	i
10:00 AM	2 Eggs + veggies
2:00 PM	1 Phulka Cabbage And Peas Sabji
5:30 PM	Pop-corn
8:30 PM	Salad
	+ 1 Katori Boiled Peanuts

Mention total in day

Exercise
(in min)



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









www.snehafafat.com 3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

Week 9 - Day 5

Mark tick/cross	i
10:00 AM	$1\frac{1}{2}$ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
2:00 PM	1 katori Rice Thick Dal with Onions and Tomatoes
5:30 PM	Pop-corn
8:30 PM	Grilled Chicken Saute Veggies

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

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









www.snehafafat.com 3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

<u>Week 9 -</u> <u>Day 6</u>

Mark tick/cross	i
10:00 AM	1 Katori Peanuts [boiled/ roasted]
2:00 PM	1 Phulka
	Methi Matar Sabji
5:30 PM	Saute Peas with onion
8:30 PM	Free Meal!!



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









www.snehafafat.com 3/11/2023

Weight: 67.2 kg Name: Akanksha Age: 29 Yrs Height: 160 Cms

**Week 9 -** Day 7

	_ •
Mark tick/cross	; i
10:00 AM	1 Glass Milk + 1 tbsp chia seeds
2:00 PM	1 ½ Katori Sprouts sauted Veggies Curd + Herbs for dressing
5:30 PM	Saute Peas with onion
8:30 PM	Grilled Fish Saute veggies



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