

www.snehafafat.com

Ex-Diet Consultant

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<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

3/23/2023

| Weight: 95 kg | Name: Yoshita | Age: 18 Yrs | Height: 165Cms |
|-------------------|---|-----------------------------|-------------------|
| Week 1 - | <u>Day 1</u> | | |
| Mark tick/cross | in the box below time, mention | n anything extra you had ar | nd submit weekly. |
| 9:00 AM | 1 Methi thepla [min to no | o oil] | |
| 11:30 AM | Buttermilk | | |
| 2:00 PM | Salad + Chana 2 Phulka Sabji | | |
| 4:30 PM | 1 Fruit | | |
| 6:30 PM | Murmura (+ 1 Katori Pea | nnuts + Veggies + Gree | n Chutney) |
| 8:30 PM | Baked/ Saute Vegetable (1 Katori White Sauce + 1 | | |
| 11:30 PM | Pop-corn | | |
| Exercise (in min) | | | |
| Water | | | |

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









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Weight: 95 kg Name: Yoshita Age: 18 Yrs Height: 165Cms

| Wee | k 1 - | Day 2 |
|-----|-------|-------|
| | | |

| Mark tick/cross | i |
|--------------------|--|
| 9:00 AM | 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower) |
| 11:30 AM | 1 Coconut water |
| 2:00 PM | Salad 2 Phulka Palak Sabji Dal |
| 4:30 PM | 1 Katori Peanuts [boiled/ roasted] |
| 6:30 PM | Paneer Salad (Paneer (6 Pcs.) + Veggies) |
| 8:30 PM | 2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies) |
| 11:30 PM | 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added |
| ntion total in day | V. |

Mention total in day



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Weight: 95 kg Name: Yoshita Age: 18 Yrs Height: 165Cms

Week 1 - Day 3

| Mark tick/cross | i |
|-----------------|---|
| 9:00 AM | 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.] |
| 11:30 AM | Buttermilk |
| 2:00 PM | Saute Veggies 1.5 Katori Rice Sambar with veggies |
| 4:30 PM | 1 Fruit |
| 6:30 PM | Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney) |
| 8:30 PM | 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 6pcs Pani Puri |
| 11:30 PM | 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added |

Mention total in day



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| vveignt: 95 kg | Name: Yoshila | Age: 18 YIS | Height: 165Cms |
|----------------|---------------|-------------|----------------|
| Week 1 - Da | nv 4 | | |

| <u>Week 1 -</u> <u>Day 4</u> | | | |
|------------------------------|--|--|--|
| Mark tick/cross | | | |
| 9:00 AM | 1 Veg Roti [lauki/ cucumber] | | |
| 11:30 AM | 1 Coconut water | | |
| 2:00 PM | 2 Phulka | | |
| | Sabji | | |
| | Curd + Veggies | | |
| 4:30 PM | 1 Katori Peanuts [boiled/ roasted] | | |
| 6:30 PM | Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney) | | |
| 8:30 PM | 3-4 Grilled Vegetable Tikki with aloo | | |
| | (use non- stick pan, 1 tsp oil) | | |
| | Green Chutney | | |
| | Chole [Min Oil] | | |
| 11:30 PM | Pop-corn | | |
| ention total in day | | | |
| Exercise | = | | |



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Weight: 95 kg Name: Yoshita Age: 18 Yrs Height: 165Cms

<u>Week 1 - Day 5</u>

| Mark tick/cross | i |
|---------------------|--|
| 9:00 AM | 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower) |
| 11:30 AM | 1 Coconut water |
| 2:00 PM | 2 Phulkas Paneer with Mix Veg. |
| 4:30 PM | 1 Katori Peanuts [boiled/ roasted] |
| 6:30 PM | Paneer Salad (Paneer (6 Pcs.) + Veggies) |
| 8:30 PM | Clear Vegetable Soup 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions) |
| 11:30 PM | Pop-corn |
| ention total in day | |
| Exercise | |



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Weight: 95 kg Name: Yoshita Age: 18 Yrs Height: 165Cms

Week 1 - Day 6

| Mark tick/cros | s i |
|-------------------|--|
| 9:00 AM | 2 besan chilla [+ cucumber/ lauki] |
| 11:30 AM | Buttermilk |
| 2:00 PM | Salad |
| | 2 Phulka |
| | Cabbage peas Sabji Dal |
| | Dai |
| 4:30 PM | 1 Fruit |
| | |
| 6:30 PM | Murmura (+ 1 Katori Peanuts + Veggies + Green Chutney) |
| | |
| 8:30 PM | Free Meal!! |
| | |
| 11:30 PM | 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added |
| ntion total in da | ay |
| | |



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Weight: 95 kg Name: Yoshita Age: 18 Yrs Height: 165Cms

| | Weel | k 1 - | Day | 7 |
|--|------|-------|-----|---|
|--|------|-------|-----|---|

| week 1 - | Day 7 | |
|---------------------|--|--|
| Mark tick/cross | | |
| 9:00 AM | 1 Onion roti/ thalipith | |
| 11:30 AM | Buttermilk | |
| 2:00 PM | 1.5 Katori Rice | |
| | Palak Dal | |
| | Salad | |
| 4:30 PM | 1 Fruit | |
| 6:30 PM | Paneer Salad (Paneer (6 Pcs.) + Veggies) | |
| 8:30 PM | Veg. Pasta | |
| | 1 Katori Boiled Pasta | |
| | + lot of Veggies/ vegetable gravy Of Choice, | |
| | + 1 Cube Cheese | |
| 11:30 PM | Pop-corn | |
| ention total in day | | |



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