Sneha Fafat www.snehafafat.com

Name: Yoshita

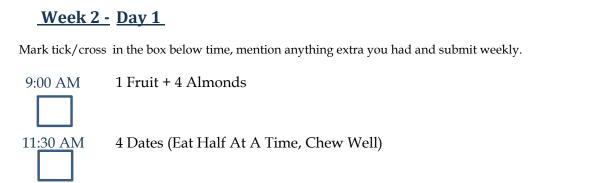
Registered Dietician #63/08 +91 9890601345 <u>Ex-Diet Consultant</u> Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Height: 165Cms

<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

Age: 18 Yrs

4/2/2023





Weight: 95 kg

Salad 2 Phulka

Sabji Buttermilk

4:	30 PN	1
6:	30 PN	1

Tulsi tea (boil tulsi leaves in water)



1 Slice/ Cube Cheese 1 Fruit

5 -6 Pcs Dhoklas Soup



1 Glass Milk (No Sugar) + haldi



Program Expiry 15-06-23



Age: 18 Yrs

Height: 165Cms

Mark tick/cross	i
9:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad
	1 Katori Rice
	Palak Dal
4:30 PM	Tulsi tea (boil tulsi leaves in water)
6:30 PM	Murmura (+ Veggies + Green Chutney)
8:30 PM	2 katoris Curd Rice
11:30 PM	4 Anjir (Eat Half At A Time, Chew Well)
Mention total in day	
Exercise	-

Name: Yoshita

Weight: 95 kg

Week 2 - Day 2

(in min)

Water (in litres)

Program Expiry 15-06-23



Weight: 95 kg	Name: Yoshita	Age: 18 Yrs	Height: 165Cms
Week 2 -	<u>Day 3</u>		
Mark tick/cross	i		
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + 1	Mix dryfruits 1 tbsp + 2	2 tsp roasted Flax seeds
11:30 AM	4 Dates (Eat Half At A Time	, Chew Well)	
2:00 PM	2 Dosa Sambar chutney		
4:30 PM	5 Apricot (Dried) (Eat One A	At A Time, Chew Well)	
6:30 PM	Murmura (+ Veggies + Gree	en Chutney)	
8:30 PM	2-3 Idlis Sambar (Add Gourd Veggie Chutney	s - Dudhi/Turia/Pumj	okin)
11:30 PM	1 Glass Milk (No Sugar) + haldi		
Mention total in day Exercise (in min) Water			
(in litres) Program Expiry 15-06-23	-		



Weight: 95 kg

Name: Yoshita

Age: 18 Yrs

Height: 165Cms

Week 2 - Day 4

Mark tick/cross i

9:00 AM	1 besan chilla [+ cucumber/ lauki]
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad
	2 Phulka
	Sabji Buttermilk
4:30 PM	Tulsi tea (boil tulsi leaves in water)
6:30 PM	1 Slice/ Cube Cheese
	1 Fruit
8:30 PM	Palak Soup
	1-2 Mango
11.00 DM	
11:30 PM	1 Glass Milk (No Sugar) + haldi
Mention total in day	
Exercise (in min)	
Water 📑	
(in litres)	

Program Expiry 15-06-23



Age: 18 Yrs

Height: 165Cms

Week 2	<u>- Day 5</u>
Mark tick/cross	i
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	1 Katori Curd +Veggies
	2 Phulka
	Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
4:30 PM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
6:30 PM	1 Slice/ Cube Cheese
	1 Fruit
8:30 PM	Salad
	+ 1 Katori Peanuts
	3 Slices Pizza
11:30 PM	4 Anjir (Eat Half At A Time, Chew Well)
Mention total in day	<u>Y</u>

Name: Yoshita

Weight: 95 kg

Exercise (in min)

Water (in litres)

Program Expiry 15-06-23



Weight: 95 kg	Name: Yoshita	Age: 18 Yrs	Height: 165Cms
Week 2 -	<u>Day 6</u>		
Mark tick/cross	i		
9:00 AM	1 Fruit + 4 Almonds		
11:30 AM	4 Dates (Eat Half At A Tin	ne, Chew Well)	
2:00 PM	2 Phulkas Paneer with Mix Veg.		
4:30 PM	5 Apricot (Dried) (Eat One	e At A Time, Chew Wel	1)
6:30 PM	Murmura (+ Veggies + Gr	een Chutney)	
8:30 PM	Free Meal!!		
11:30 PM	1 Glass Milk (No Sugar) + haldi		
Mention total in day			
Exercise			
Water (in litres)	_		
Program Expiry 15-06-23			



Age: 18 Yrs

Height: 165Cms

Week 2 ·	<u>Day 7</u>
Mark tick/cross	i
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:30 AM	4 Dates (Eat Half At A Time, Chew Well)
2:00 PM	Salad 2 Phulka Sabji Buttermilk
4:30 PM	Tulsi tea (boil tulsi leaves in water)
6:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	1 Millet roti Sabji Kadi
11:30 PM	4 Anjir (Eat Half At A Time, Chew Well)

Name: Yoshita



Weight: 95 kg

Program Expiry 15-06-23