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Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

<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

4/8/2023

Weight: 86 kg	Name: Hina	Age: 31 Yrs	Height: 162 Cms
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Week 1 - Day 1

Mark tick/cross in the box below time, mention anything extra you had and submit weekly.

7:30 AM	1 Coconut water
9:00 AM	2 Fruit + 4 Almonds
1:00 PM	Salad 2 Phulka Sabji Buttermilk
4:30 PM	4 Anjir (Eat Half At A Time, Chew Well)
4:30 PM 6:30 PM	4 Anjir (Eat Half At A Time, Chew Well) Murmura (+ Veggies + Green Chutney)



Program Expiry 2-07-23



Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 1 - Day 2

Mark tick/cross i

7:	30 AN	N
9:0	00 AN	М

1½ katoris upma [made of oats/ sevaiya + veggies]

Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

Salad 1 Katori Rice Palak Dal [if possible]

4:30 PM

1:00 PM

4 Dates (Eat Half At A Time, Chew Well)

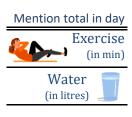


Roasted Makhana

1 Millet roti

Sabji Dal

9:00 PM



Program Expiry 2-07-23



Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 1 - Day 3

Mark tick/cross i

7:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
9:00 AM	2 Fruit + 4 Almonds
1:00 PM	Salad 2 Phulka Sabji Dal
4:30 PM	4 Anjir (Eat Half At A Time, Chew Well)
6:30 PM	Murmura (+ Veggies + Green Chutney)
9:00 PM	2-3 Idlis Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Program Expiry 2-07-23



Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 1 - Day 4

Mark tick/cross i

7:30 AM	1 Coconut water
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
1:00 PM	Salad
	2 Phulka Sabji Buttermilk
4:30 PM	4 Dates (Eat Half At A Time, Chew Well)
6:30 PM	Roasted Makhana
9:00 PM	Palak Soup

1 Mango



Program Expiry 2-07-23



Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 1 - Day 5

Mark tick/cross i

7:30 AM	1 Coconut water
9:00 AM	1 Glass Milk + 1 tbsp chia seeds
1:00 PM	1 Katori Curd +Veggies
	1 Phulka Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
4:30 PM	4 Anjir (Eat Half At A Time, Chew Well)
6:30 PM	Roasted Makhana

9:00 PM

Salad + 1 Katori Peanuts 1 Phulka Sabji

Kadi



Program Expiry 2-07-23



Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 1 - Day 6

Mark tick/cross i

7:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
9:00 AM	2 Fruit + 4 Almonds
1:00 PM	2 Phulkas Paneer with Mix Veg.
4:30 PM	4 Dates (Eat Half At A Time, Chew Well)
6:30 PM	Murmura (+ Veggies + Green Chutney)
9:00 PM	Free Meal!!



Program Expiry 2-07-23



Weight: 86 kg	y Name: Hina	Age: 31 Yrs	Height: 162 Cms
Week 1	<u>Day 7</u>		
Mark tick/cross	i		
7:30 AM	1 Coconut water		
9:00 AM	1 methi thepla		
1:00 PM	2 Methi thepla Curd + veggies		
4:30 PM	4 Anjir (Eat Half At A T	ime, Chew Well)	
6:30 PM	Murmura (+ Veggies + 0	Green Chutney)	
9:00 PM	1 Millet roti Sabji Kadi		
Mention total in da	<u>y</u>		



Program Expiry 2-07-23