

+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

4/9/2023

Name: Yoshita Age: 18 Yrs Height: 165Cms Weight: 95 kg Week 3 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 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 Paneer with mix Veg Sabji 5:30 PM Sprouts Bhel 1 Katori Sprouts + Murmrua + veggies Soup 8:30 PM 2 Katori Mix veg Khichadi 11:30 PM 4 Anjir (Eat Half At A Time, Chew Well) Mention total in day Exercise (in min)

Program Expiry 15-06-23

Water (in litres)

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









www.snehafafat.com 4/9/2023

Weight: 95 kg	Name: Yoshita	Age: 18 Yrs	Height: 165Cms
Week 3 -	Day 2		
Mark tick/cross	i		
9:00 AM	2 besan chilla [+ cucumb	er/ lauki]	
11:30 AM	5 Cashewnuts (Eat One	At A Time, Chew Well)	
2:00 PM	2 Millet roti Sabji Dal		
5:30 PM	Saute veggies + 2 tbsp Pe	eanuts	
8:30 PM	2 Chilla (Besan + Cucum Curd	ber/ Lauki)	
11:30 PM	1 Mango		
Exercise (in min)	=		
Water 🥽			

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

(in litres)









www.snehafafat.com 4/9/2023

Name: Yoshita Age: 18 Yrs Height: 165Cms Weight: 95 kg **Week 3 -** Day 3 Mark tick/cross 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.] 9:00 AM 4 Dates (Eat Half At A Time, Chew Well) 11:30 AM 2 Phulkas 2:00 PM Palak Paneer Sprouts Bhel 5:30 PM 1 Katori Sprouts + Murmrua + veggies 2 Methi Thepla 8:30 PM Kadi 11:30 PM 1 Mango Mention total in day Exercise (in min)

Program Expiry 15-06-23

Water (in litres)

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









www.snehafafat.com 4/9/2023

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

Week 3 - Day 4 Mark tick/cross Fruit Smoothie / Bowl 9:00 AM Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds 5 Cashewnuts (Eat One At A Time, Chew Well) 11:30 AM 2:00 PM Salad 2 Phulka Sabji Dal 5:30 PM 6 Pcs Pani Puri 1 Millet roti 8:30 PM Sabji kadi 4 Anjir (Eat Half At A Time, Chew Well) 11:30 PM



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









www.snehafafat.com 4/9/2023

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

Week 3 - Day 5

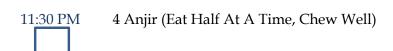
Mark tick/cross i

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
	Sambar

5:30 PM	Sprouts Bhel 1 Katori Sprouts + Murmrua + veggies
8:30 PM	Baked/ Saute Vegetable In White Sauce
	(1 Katori White Sauce + herbs 1 Cube C





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









www.snehafafat.com 4/9/2023

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

Week 3 - Day 6

Mark tick/cross i

Mark tick/cross	i
9:00 AM	2 Fruits
11:30 AM	4 Dates (Eat Half At A Time, Chew Well)
2:00 PM	Salad
	2 Phulka
	Sabji
	Buttermilk
5:30 PM	Saute veggies + 2 tbsp Peanuts
8:30 PM	Free Meal!!
11:30 PM	Nil
ntion 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 4/9/2023

Name: Yoshita Age: 18 Yrs Height: 165Cms Weight: 95 kg **Week 3 -** Day 7 Mark tick/cross 9:00 AM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 4 Dates (Eat Half At A Time, Chew Well) 11:30 AM 3-4 Idlis 2:00 PM Sambar Chutney 5:30 PM Sprouts Bhel 1 Katori Sprouts + Murmrua + veggies 3 Slices Pizza 8:30 PM

11:30 PM	1 Mango
	O

Broccoli Almond Soup



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