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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

4/10/2023

Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 1

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

	, ,
8:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
12:00 PM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
2:00 PM	Salad 2 Phulka Paneer with mix Veg Sabji
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
7:15 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
9:00 PM	Soup 2 Katori Palak Khichadi

Mention total in	day
Exerc	cise
(in i	nin)
Water (in litres)	

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









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Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 2

Mark tick/cross

10:00 AM

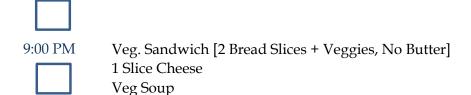
8:00 AM	1 Coconut water

12:00 PM	Buttermilk

2:00 PM	1 Millet roti

Sabji
Dal

	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7·15 PM	1 Fruit



2 besan chilla [+ cucumber/ lauki]



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Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 3

Mark tick/cross	i
8:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
12:00 PM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
2:00 PM	2 Phulkas
	Palak Paneer
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
7:15 PM	1 Fruit
9:00 PM	2 Methi Thepla
	Kadi



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Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 4

	
Mark tick/cross	i
8:00 AM	1 Coconut water
10:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
12:00 PM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
2:00 PM	Salad 2 Phulka Gobi Matar Sabji Buttermilk
5:30 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:15 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
9:00 PM	Veg. Pasta 1 Katori Boiled Pasta + lot of Veggies/ vegetable gravy Of Choice, + 1 Cube Cheese



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- B) Refer General Guidelines.









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Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 5

Mark tick/cross		
8:00 AM	1 Coconut water	
10:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]	
12:00 PM	Buttermilk	
2:00 PM	Salad	
	1.5 Katori Rice Palak Dal	
5:30 PM	6 Pcs Pani Puri	
7:15 PM	1 Fruit	
9:00 PM	1 Katori Curd + 1 Katori Rajma +Veggies	
	1 Phulka	
	Green Leafy Vegetable (Cabbage/Methi/Sarson etc)	



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Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 6

Mark tick/cross	i
8:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	1 methi thepla
12:00 PM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
2:00 PM	Salad
	2 Phulka
	Sabji Buttermilk
5:30 PM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
7:15 PM	1 Fruit
9:00 PM	Free Meal!!

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

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- B) Refer General Guidelines.









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Weight: 68 kg Name: Sheela Age:54 Yrs Height: 145 Cms

Week 1 - Day 7

Mark tick/cross	3 i
8:00 AM	1 Coconut water
10:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
12:00 PM	Buttermilk
2:00 PM	2-3 Idlis
	Sambar Chutney
5:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
7:15 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
9:00 PM	Grilled Paneer
	Grilled Veggies



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