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Sneha Fafat

<u>Ex-Diet Consultant</u> 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

06-05-23

Weight: 83.8 kg Name: Hina Age: 31 Yrs Height: 162 Cms

### <u>Week 4 - Day 1</u>

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

7:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
9:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
1:00 PM	Salad
	2 Phulka Sabji Dal
4:30 PM	8 Almonds (Eat One At A Time, Chew Well)
6:30 PM	1 Glass Milk + 1 tbsp Chia seeds
9:00 PM	Salad 2 Stuffed Roti Kadi



Program Expiry 2-07-23



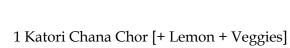
Weight: 83.8 kg Name: Hina Age: 31 Yrs

Height: 162 Cms

## Week 4 - Day 2

Mark tick/cross i

7:30 AM	Tulsi tea (boil tulsi leaves in water)
9:00 AM	Hot Chocolate (Home Made)
	[Milk + 1 tbsp Chocolate syrup]
1:00 PM	Salad
	1.5 Katori Rice Black Dal
4:30 PM	Buttermilk
6:30 PM	1 Katori Chana Chor [+ Lemon + Ve



Palak Soup 2-3 Oats + Besan Chilla + Onion



9:00 PM

Program Expiry 2-07-23



Weight: 83.8 kg

Name: Hina

Age: 31 Yrs

Height: 162 Cms

### Week 4 - Day 3

Mark tick/cross i

7:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat
9:00 AM	1 <sup>1</sup> / <sub>2</sub> katoris upma [made of oats/ sevaiya + veggies]
1:00 PM	2 Phulka Chole Salad
4:30 PM	8 Almonds (Eat One At A Time, Chew Well)

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

2 Rasgullas (Completely squeeze out syrup)

2 Phulka Cabbage And Peas Sabji



6:30 PM

9:00 PM

**Program Expiry** 2-07-23



Weight: 83.8 kg Name: Hina

Hina

Age: 31 Yrs

Height: 162 Cms

## Week 4 - Day 4

Mark tick/cross i

7:30 AM	Tulsi tea (boil tulsi leaves in water)
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
1:00 PM	Salad 2 Phulka Sabji Palak Dal
4:30 PM	Buttermilk
6:30 PM	1 Glass Milk + 1 tbsp Chia seeds
9:00 PM	Grilled Paneer - 80g Saute veggies 1/2 katori Rice



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

## Week 4 - Day 5

Mark tick/cross i

7:30 AM	Tulsi tea (boil tulsi leaves in water)
9:00 AM	1 Mango + 10 Almonds
1:00 PM	1.5 Katori Rice
	Paneer with mix veg Sabji
4:30 PM	Buttermilk
6:30 PM	1 Katori Chana Chor [+ Lemon + Ve
9:00 PM	2 Palak Roti

ri Chana Chor [+ Lemon + Veggies]

2 Palak Roti Kadi



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

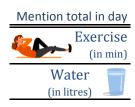
Age: 31 Yrs

Height: 162 Cms

# Week 4 - Day 6

Mark tick/cross i

7:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
9:00 AM	Hot Chocolate (Home Made)
	[Milk + 1 tbsp Chocolate syrup]
1:00 PM	2 Phulka
	Sabji Buttermilk
4:30 PM	8 Almonds (Eat One At A Time, Chew Well)
6:30 PM	2 Rasgullas (Completely squeeze out syrup)
9:00 PM	Free Meal!!



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

### Week 4 - Day 7

Mark tick/cross i

7:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
9:00 AM	1 Glass Milk + 1 tbsp Chia seeds
1:00 PM	Salad + 2 tsp seeds (sauf/ til seeds/ melon seeds/flax seeds) 2 Phulkas Sabji
4:30 PM	Buttermilk
6:30 PM	1 Katori Chana Chor [+ Lemon + Veggies]
9:00 PM	Saute Veggies + 1 katori Chole + 3 tsp Mixseeds (sunflower/flax/til/sauf/melon) + 1 Katori Herbed Rice



Program Expiry 2-07-23