Sneha Fafat www.snehafafat.com

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<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

26-05-23

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

<u>Week 5 - Day 1</u>

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

7:30 AM	4 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]
1:00 PM	Salad
	2 Phulka Paneer Sabji
4:30 PM	Ginger juice + Honey (each 1 tsp)
6:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
9:00 PM	2 Phulka Cabbage And Peas Sabji



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 2

Mark tick/cross i

7:30 AM	3 tsp black til seeds
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
1:00 PM	Steamed/ Grilled Veggies 2 katoris Curd Rice
4:30 PM	Lemon & Mint Water
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:00 PM	Salad 2 Phulka Sabji Cucumber Raita



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 3

Mark tick/cross i

7:30 AM	4 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1 Missi roti [methi/ corainder leaves + 50% besan/ ragi]
1:00 PM	Salad
	1 Millet roti Sabji Dal
4:30 PM	
4.50 T M	Ginger juice + Honey (each 1 tsp)
6:30 PM	Ginger Juice + Honey (each 1 tsp) Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)



Program Expiry 2-07-23



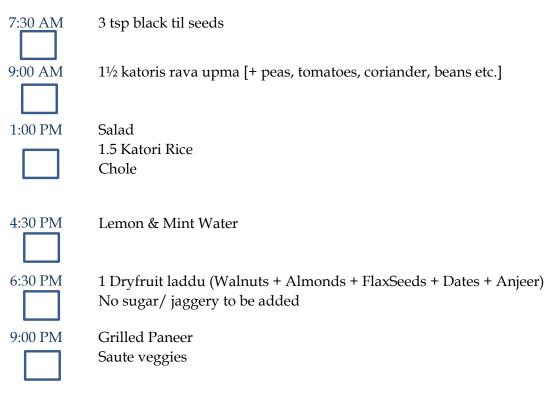
Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 4

Mark tick/cross i





Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 5

Mark tick/cross i

7:30 AM	3 tsp black til seeds
9:00 AM	1 ¹ / ₂ Katori Sprouts [+ Veggies; Raw or half cooked]
1:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 2 Phulka Sabji
4:30 PM	Ginger juice + Honey (each 1 tsp)
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:00 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 6

Mark tick/cross i

7:30 AM	4 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
1:00 PM	Saute Veggies
	1 Katori Hummus
	2 Falafel Grilled [Can have wrapped in a lettuce]
4:30 PM	Lemon & Mint Water
6:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
	No sugar/ jaggery to be added
9:00 PM	Free Meal!!



Program Expiry 2-07-23



Weight: 83.8 kg Name: Hina

Age: 31 Yrs

Height: 162 Cms

Week 5 - Day 7

Mark tick/cross i

7:30 AM	3 tsp black til seeds
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
1:00 PM	2 Phulka
	Corn Palak Sabji
	1 Katori Whole Moong
4:30 PM	Lemon & Mint Water
6:30 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:00 PM	2 Dosa
	Mix sabji with aloo Sambar chutney



Program Expiry 2-07-23