Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 <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

7/28/2022

Weight: 96 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

#### Week 1 - Day 1

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

7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	1 Fruit
11:30 AM	Salad + Sprouts 2 Phulka Sabji
2:00 PM	20g Raisin (Eat One At A Time, Chew Well)
5:00 PM	1 besan chilla [+ cucumber/ lauki]
8:00 PM	Salad 2 Phulkas Sabji



rogram Expiry 21-10-22



Name: Dharmesh

Ginger juice + Honey (each 1 tsp)

Age: 42 Yrs

Height: 167 Cms

# Week 1 - Day 2

Mark tick/cross i

Weight: 96 kg

7:	30 AI	N
10	:00 A	M

5 Cashewnuts (Eat One At A Time, Chew Well)



Salad 2 Phulkas Matar Paneer



1 Coconut water

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)



8:00 PM 2 Katoris Veg. Khichadi Cabbage soup



rogram Expiry 21-10-22



Height: 167 Cms

Weight: 96 kg	Name: Dharmesh	Age: 42 Yrs
<u>Week 1 -</u> Day	3	

Mark tick/cross i

7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	1 Fruit
11:30 AM	Salad (+ moth sprouts)
	2 Phulkas Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)
2:00 PM	20g Raisin (Eat One At A Time, Chew Well)
5:00 PM	1 Dosa chutney



2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Program Expiry 21-10-22



Weight: 96 kg

Name: Dharmesh

Ginger juice + Honey (each 1 tsp)

Age: 42 Yrs

Height: 167 Cms

### Week 1 - Day 4

Mark tick/cross i

7:	30 AN	M
ا ۱۵	:00 A	N /
10	:00 A	

1 Fruit



Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi



20g Raisin (Eat One At A Time, Chew Well)

5:00 PM

1<sup>1</sup>/<sub>2</sub> katoris poha [+ beans, carrot, capsicum, peas etc.]



8:00 PM

Sprouts Salad 2 Katori Veg pulav [1 katori cooked rice] Kadi



Program Expiry 21-10-22



Weight:	96	kg	
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Name: Dharmesh

Ginger juice + Honey (each 1 tsp)

Age: 42 Yrs

Height: 167 Cms

# Week 1 - Day 5

Mark tick/cross i

7:30 AM	
10:00 AM	
11.30 AM	
11:30 AM	

5 Cashewnuts (Eat One At A Time, Chew Well)

2 Phulka Cabbage And Peas Sabji 1 Katori Palak Dal



1 Coconut water

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)



8:00 PM

Salad 2 Phulkas Corn Palak Sabji



rogram Expiry 21-10-22



Age: 42 Yrs

### 7/28/2022

Height: 167 Cms

Week 1 -	Day 6

Mark tick/cross

Weight: 96 kg

7:	30 AN	Ν
10	:00 A	Μ

11:30 AM

8 Pcs. Walnuts (Eat One At A Time, Chew Well)

5 Cashewnuts (Eat One At A Time, Chew Well)

Name: Dharmesh



2:00 PM

20g Raisin (Eat One At A Time, Chew Well)

5:00 PM

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)



8:00 PM

Free Meal!!



rogram Expiry 21-10-22



We	ight:	96	kg
	5	50	

Name: Dharmesh

Ginger juice + Honey (each 1 tsp)

Age: 42 Yrs

Height: 167 Cms

## Week 1 - Day 7

Mark tick/cross i

30 AN	Ν
.00 1	 \ Л
:00 A	IVI
	30 AN .00 A

1 Fruit



Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi



1 Coconut water



5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)



8:00 PM Salad (Carrot + Radish +Other Veggies) 2 Stuffed Lauki Roti Kadi



Program Expiry 21-10-22