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

30-07-22

Weight: 65 kg Name: Amit Age: 40Y Height: 165 Cms
<u>Week 16 - Day 1</u>

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)
9:45 AM	1 ¹ / ₂ katoris poha [+ beans, carrot, capsicum, peas etc.]
12:00 PM	30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)
2:00 PM	Salad
	2 Phulka Sabji Dal
5:30 PM	Raita [1 Katori Curd + Veggies]
8:15 PM	3-4 Grilled Vegetable Tikki with aloo (use non- stick pan, 1 tsp oil)
	Green Chutney
9: <u>30 PM</u>	1 Egg

Mention total in day
Exercise
(in min)



Program Expiry 10-07-22



Weight: 65 kg

Age: 40Y

Height: 165 Cms

Week 16 - Day 2

Mark tick/cross i

7:30 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:45 AM	1-2 Chilla [oats + onion + coriander + veggies]
	1-2 China [oats + onion + contander + veggles]
12:00 PM	20g Raisin (Eat One At A Time, Chew Well)
2:00 PM	Salad
	1 Katori Rice
	Palak Dal
5:30 PM	2 Rasgullas (Completely squeeze out syrup)
8:15 PM	1 Katori Curd + 1 Katori Rajma +Veggies
	1 Phulka
	Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
	1 🖸
9:30 PM	1 Egg



Program Expiry 10-07-22



Weight: 65 kg

Age: 40Y

Height: 165 Cms

Week 16 - Day 3

Mark tick/cross i

8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)
Salad
1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
Raita [1 Katori Curd + Veggies]
2 Katoris Khichadi
with lots of veggies and tadka + 1 tsp ghee (from top)
1 Egg



Program Expiry 10-07-22



Weight: 65 kg

Age: 40Y

Height: 165 Cms

Week 16 - Day 4

Mark tick/cross i

7:30 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:45 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
12:00 PM	20g Raisin (Eat One At A Time, Chew Well)
2:00 PM	2 Stuffed Roti (peas)
	Tomato Chutney
5:30 PM	Raita [1 Katori Curd + Veggies]
8:15 PM	Salad
	1 Katori Rice
	Black Dal
9:30 PM	1 Egg



Program Expiry 10-07-22



Weight: 65 kg

Age: 40Y

Height: 165 Cms

Week 16 - Day 5

Mark tick/cross i

7:30 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
9:45 AM	1-2 Chilla [oats + onion + coriander + veggies]
12:00 PM	20g Raisin (Eat One At A Time, Chew Well)
2:00 PM	Salad
	2 Phulka
	Sabji
	Buttermilk
5:30 PM	2 Rasgullas (Completely squeeze out syrup)
8:15 PM	2 Phulka
	Cabbage And Peas Sabji
9:30 PM	1 Egg



Program Expiry 10-07-22



Age: 40Y

Height: 165 Cms

30-07-22

Week	16 -	Dav 6	

Mark tick/cross i

Weight: 65 kg

7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:45 AM	4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)
12:00 PM	30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)
2:00 PM	Salad + Sprouts
	2 Phulka
	Sabji
5:30 PM	2 Rasgullas (Completely squeeze out syrup)
8:15 PM	Free Meal!!
9:30 PM	Nil
Mention total in day	_
Exercise (in min)	_
Water	
(in litres) 🛛 🔜	

Name: Amit

Program Expiry 10-07-22



Weight: 65 kg

Age: 40Y

Height: 165 Cms

Week 16 - Day 7

Mark tick/cross i

7:30 AM	Nil
9:45 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
12:00 PM	30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)
2:00 PM	2 Stuffed Lauki Roti
	Kadi
5:30 PM	Raita [1 Katori Curd + Veggies]
8:15 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi]
	Sabji
	Dal/ Kadi
9:30 PM	1 Egg
Mention total in day	/
Exercise	=



Program Expiry 10-07-22