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**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

12-08-22

Weight: 64.2 kg Name: Amit Age: 40Y Height: 165 Cms Week 18 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 7:30 AM 1 Glass Water + 1 tbsp chia seeds 1½ katoris poha [+ beans, carrot, capsicum, peas etc.] 9:45 AM 12:00 PM 1 Fruit 2:00 PM Salad +1/2 Katori Sprouts 2 Phulka Sabji 5:30 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added 2 Katoris Khichadi 8:15 PM with lots of veggies and tadka Tulsi tea (boil tulsi leaves in water) 9:30 PM Mention total in day Exercise (in min)

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

Water (in litres)

Program Expiry 10-07-22









12-08-22

Weight: 64.2 kg	Name: Amit	Age: 40Y	Height: 165 Cms

#### Week 18 - Day 2 Mark tick/cross 7:30 AM 1 Glass Water + 1 tbsp chia seeds 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked] 9:45 AM 12:00 PM 1 Fruit 2:00 PM Salad 2 Phulka Sabji Buttermilk 1 Katori Boiled Chana 5:30 PM [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 8:15 PM Clear Vegetable Soup 2 Katoris Oats Upma (+ mix veggies) Tulsi tea (boil tulsi leaves in water) 9:30 PM Mention total in day Exercise (in min)

Program Expiry 10-07-22

Water (in litres)

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12-08-22

Weight: 64.2 kg Name: Amit Age: 40Y Height: 165 Cms

#### Week 18 - Day 3

Mark tick/cros	s i
7:30 AM	1 Glass Water + 1 tbsp chia seeds
9:45 AM	1 onion roti/ thalipith
12:00 PM	Buttermilk
2:00 PM	2 Phulkas
	Paneer with Mix Veg.
5:30 PM	1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
8:15 PM	Salad
	1 Millet roti
	Sabji
	Dal
9:30 PM	1 Egg
ention total in da	ЭУ
Exercis (in mi	
Water	<u>,</u>

(in litres)
Program Expiry
10-07-22

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12-08-22

Weight: 64.2 kg	Name: Amit	Age: 40Y	Height: 165 Cms
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### Week 18 - Day 4 Mark tick/cross 7:30 AM 1 Glass Water + 1 tbsp chia seeds 1 stuffed roti [peas/ dal] 9:45 AM 12:00 PM 1 Fruit 2:00 PM 2 Phulka Sabji 1 Katori Palak Dal 5:30 PM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] Veg. Sandwich [2 Bread Slices + Veggies, No Butter] 8:15 PM 1 Slice Cheese 9:30 PM Tulsi tea (boil tulsi leaves in water) Mention total in day Exercise (in min)

Program Expiry 10-07-22

Water (in litres)

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12-08-22

Weight: 64.2 kg	Name: Amit	Age: 40Y	Height: 165 Cms

#### **Week 18 -** Day 5 Mark tick/cross i 7:30 AM 1 Glass Water + 1 tbsp chia seeds 9:45 AM 1 methi thepla Buttermilk 12:00 PM 2:00 PM Salad 2 Phulkas Matar Paneer 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) 5:30 PM No sugar/ jaggery to be added 3-4 Grilled Vegetable Tikki with aloo 8:15 PM (use non-stick pan, 1 tsp oil) Green Chutney 1-2 Egg 9:30 PM Mention total in day Exercise (in min) Water

Program Expiry 10-07-22

(in litres)

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12-08-22

Weight: 64.2 kg Name: Amit Age: 40Y Height: 165 Cms

#### Week 18 - Day 6

	<del>2 4,                                   </del>
Mark tick/cross	i
7:30 AM	1 Glass Water + 1 tbsp chia seeds
9:45 AM	1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]
12:00 PM	1 Fruit
2:00 PM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
5:30 PM	1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
8:15 PM	Free Meal!!
9:30 PM	Nil
ention total in day	<u>.</u>
Exercise (in min)	
Water (in litres)	<del>-</del>

- Program Expiry 10-07-22
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- B) Refer General Guidelines.









12-08-22

Weight: 64.2 kg	Name	: Amit	Age:	40Y	Height:	165	Cms
Week 18 -	<u>Day 7</u>						
Mark tick/cross	i						
7:30 AM	Nil						
9:45 AM	2 Idlis Sambar Chutney						
12:00 PM	Buttermilk						
2:00 PM	1 Stuffed Roti (Ca	auliflower)					
	1 Katori dahi + v	eggies					
5:30 PM	Free Snack!!						
8:15 PM	Fruit Smoothie / Fruit + 100ml Cu		ryfruit	ts 1 tbsp + 1	l tbsp ch	ia see	eds
9:30 PM	Tulsi tea (boil tul	si leaves in	water	·)			
Mention total in day							
Exercise (in min)	•						
Water							
(in litres)							

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- B) Refer General Guidelines.

Program Expiry 10-07-22