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

13-08-22

Weight: 94.5 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

<u>Week 2 - Day 1</u>

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

7:30 AM	1 Tsp Methi Seeds (soaked)
10:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
11:30 AM	Salad +1/2 Katori Curd 2 Phulka Sabji
2:00 PM	Buttermilk
5:00 PM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
8:00 PM	2 Katoris Khichadi with lots of veggies and tadka



Program Expiry 21-10-22



Weight:	94.5	kg	
---------	------	----	--

Name: Dharmesh

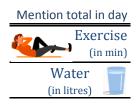
Age: 42 Yrs

Height: 167 Cms

Week 2 - Day 2

Mark tick/cross i

7:30 AM	1 Glass Milk (No Sugar)
10:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
11:30 AM	Salad 2 Phulka Sabji Buttermilk
2:00 PM	30g Coconut (grated or 2" x 2" Piece)
5:00 PM	1 ¹ / ₂ Katori Sprouts [+ Veggies; Raw or half cooked]
8:00 PM	Clear Vegetable Soup 2 Katoris Oats Upma (+ mix veggies)



Program Expiry 21-10-22



Weight: 94.5 kg

Name: Dharmesh

Age: 42 Yrs

Height: 167 Cms

Week 2 - Day 3

Mark tick/cross i



1 Tsp Methi Seeds (soaked)

2 Phulkas Paneer with Mix Veg.

Dal Water

2:00 PM

Buttermilk

5:00 PM F

Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]

8:00 PM

Salad 1 Millet roti Sabji Dal



Program Expiry 21-10-22



Age: 42 Yrs

Height: 167 Cms

13-08-22

0	8
Week 2 -	Day 4
Mark tick/cross	i
7:30 AM	1 Glass Milk (No Sugar)
10:00 AM	Dal Water
11:30 AM	2 Phulka
	Sabji
	1 Katori Palak Dal
2:00 PM	30g Coconut (grated or 2" x 2" Piece)
5:00 PM	1 ¹ ⁄ ₂ Katori Sprouts [+ Veggies; Raw or half cooked]
8:00 PM	Veg. Sandwich [2 Bread Slices + Veggies, No Butter] 1 Slice Cheese
ention total in day	/ =

Name: Dharmesh



Weight: 94.5 kg

Program Expiry 21-10-22



Weight: 94.5 kg

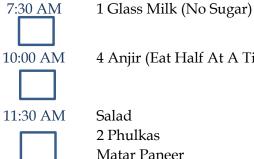
Name: Dharmesh

Age: 42 Yrs

Height: 167 Cms

Week 2 - Day 5

Mark tick/cross i



4 Anjir (Eat Half At A Time, Chew Well)

Salad 2 Phulkas Matar Paneer



Buttermilk

5:00 PM

Raita [1 Katori Curd + Veggies]

8:0	00	P	M	-

3-4 Grilled Vegetable Tikki with aloo (use non- stick pan, 1 tsp oil) Green Chutney



Program Expiry 21-10-22



Weight: 94.5 kg

Name: Dharmesh

Age: 42 Yrs

Height: 167 Cms

<u>Week 2 -</u> Day 6

Mark tick/cross i

7:30 AM	1 Tsp Methi Seeds (soaked)
10:00 AM	Dal Water
11:30 AM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
2:00 PM	30g Coconut (grated or 2" x 2" Piece)
5:00 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]
8:00 PM	Free Meal!!



Program Expiry 21-10-22



Weight: 94.5 kg

Name: Dharmesh

Age: 42 Yrs

Height: 167 Cms

Week 2 - Day 7

Mark tick/cross i

7:30 AM	1 Tsp Methi Seeds (soaked)
10:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
11:30 AM	2 Stuffed Roti (Cauliflower) Chutney
2:00 PM	Buttermilk



Buttermilk

5:00 PM

Raita [1 Katori Curd + Veggies]



Salad 1 Katori Rice Rajma



Program Expiry 21-10-22