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Ex-Diet Consultant

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Asian Federation of Dietetic Associations, Orange City Runners

20-08-22

Weight: 93 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms Week 3 - 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 Coconut water 11:30 AM Salad 2 Phulka Sabji Dal 2:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well) 5:00 PM 1½ katoris upma [made of oats/ sevaiya + veggies]



8:00 PM

2 Dosa

Sambar chutney

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









20-08-22

Weight: 93 kg	Name: Dharmesh	Age: 42 Yrs	Height: 16/ Cms
Week 3 -	Day 2		
Mark tick/cross			
7:30 AM	5 Apricot (Dried) (Eat One At	A Time, Chew Well	1)
10:00 AM	3 tsp black til seeds		
	Salad 2 Phulka Paneer Peas Sabji		
2:00 PM	Tulsi tea (boil tulsi leaves in w	rater)	
	Sprouts Bhel 1 Katori Sprouts + Murmrua +	veggies	
8:00 PM	1 Katori Boiled Noodles + Sau	te veggies (can also	have like a soup)
Exercise (in min)			

Program Expiry 21-10-22

Water (in litres)

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









20-08-22

Weight: 93 kg Name: Dharmesh	Age: 42 Yrs	Height: 167 Cms
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Week 3 - Day 3

week 3 -	<u>Day 3</u>
Mark tick/cross	i
7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	1 Coconut water
11:30 AM	Salad
	1½ Katoris Rice
	1 Katori Rajma
2:00 PM	8 Almonds (Eat One At A Time With Skin, Chew Well)
5:00 PM	Paneer Salad (Paneer (6 Pcs.) + Veggies)
8:00 PM	2 moong dal chilla (+ Lauki/carrot) onion tomato chutney



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









20-08-22

Weight: 93 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

Week 3 - Day 4

Mark tick/cross	i
7:30 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
10:00 AM	1 Coconut water
11:30 AM	2 Phulka
	Cabbage And Peas Sabji
	Dal
2:00 PM	Tulsi tea (boil tulsi leaves in water)
5:00 PM	Sprouts Bhel 1 Katori Sprouts + Murmrua + veggies
8:00 PM	Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi



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









20-08-22

				5.			4.0	.,		4.67	
Weight:	93 kg		Name:	Dharmes	sh	Age:	42	Yrs	Height:	16/	Cms
We	<u>ek 3 -</u>	Day .	<u>5</u>								
Mark ticl	k/cross	i									
7:30 A	M	5 Арі	ricot (Dr	ried) (Eat	One At	A Tim	ne, C	thew Wel	1)		
10:00 A	M	3 tsp	black til	seeds							
11:30 A	AM	Salad 2 Phu Chole	lkas								
2:00 P	M	8 Aln	nonds (E	Eat One A	at A Tim	ne Witl	h Sk	in, Chew	Well)		
5:00 P	M	1½ ka	itoris ra	va upma	[+ peas,	, tomat	toes,	, coriande	er, beans	etc.]	

2 Missi Roti (methi/ coriander leaves + 50% besan)

Raita (1 Katori Curd + Veggies)



8:00 PM

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









20-08-22

Weight:	93 kg	Name: Dharmesh	n Age:	42 Yrs	Height:	167	Cms
We	<u>ek 3 -</u>	<u>Day 6</u>					
Mark ticl	k/cross	i					
7:30 A	M	8 Pcs. Walnuts (Eat One	e At A Time,	Chew Well)			
10:00 A	M	3 tsp black til seeds					
11:30 A	ΔM	Salad					
	7	1 ½ Katoris Rice					
	_	Black Dal					
2:00 P	M	8 Almonds (Eat One At	A Time With	h Skin, Chew	Well)		
5:00 P	M	Sprouts Bhel					
	7	1 Katori Sprouts + Mur	mrua + vegg	ies			

Mention total in day

Exercise
(in min)

Water
(in litres)

8:00 PM

Free Meal!!

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









20-08-22

Weight: 93 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

Week 3 - Day 7

week 3 -	<u>Day 7</u>
Mark tick/cross	i
7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	1 Coconut water
11:30 AM	Salad
	1 Millet roti
	Sabji
	Dal
2:00 PM	Tulsi tea (boil tulsi leaves in water)
5:00 PM	Paneer Salad (Paneer (6 Pcs.) + Veggies)
8:00 PM	Salad 2 Phulkas Besan/ Dal



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- B) Refer General Guidelines.