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Ex-Diet Consultant

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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

8/29/2022

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

Week 4 - Day 1

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	20g Raisin (Eat One At A Time, Chew Well)
11:30 AM	Salad 2 Phulka Palak Sabji Dal
2:00 PM	Buttermilk
5:00 PM	2 besan chilla [+ cucumber/ lauki]
8:00 PM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi

Mention total in day		
	Exercise	
	(in min)	
Water (in litres)		
(111 111)	res)	

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









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8/29/2022

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

Week 4 - Day 2

Mark tick/cross	s i
7:30 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
10:00 AM	20g Raisin (Eat One At A Time, Chew Well)
11:30 AM	Salad
	2 Phulka Sabji with peas
2:00 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	2 Katoris Veg. Khichadi Cabbage soup



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8/29/2022

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

Week 4 - Day 3

Mark tick/cross	i
7:30 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
10:00 AM	4 Dates (Eat Half At A Time, Chew Well)
11:30 AM	Salad
	1.5 Katori Rice
	Chole
2:00 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:00 PM	4-5 pcs Paneer with veggies
8:00 PM	2 Phulka
	Methi Matar Sabji



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8/29/2022

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

Week 4 - Day 4 Mark tick/cross 7:30 AM 1 Tsp Methi Seeds (soaked) 4 Dates (Eat Half At A Time, Chew Well) 10:00 AM 11:30 AM Salad 2 katoris Cabbage rice Palak raita (1 katori curd + blanced spinach) Buttermilk 2:00 PM 5:00 PM 2 Idlis Chutney 8:00 PM 2 Veg. Uttapam (With Capsicums, Tomatos, Onion) 2 Katori Sambar (Add Any Gourd Vegetable Like



Program Expiry 21-10-22

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Dudhi/Turia/Pumpkin)

B) Refer General Guidelines.









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8/29/2022

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

Week 4 - Day 5

Mark tick/cross		
7:30 AM	1 Tsp Methi Seeds (soaked)	
10:00 AM	20g Raisin (Eat One At A Time, Chew Well)	
11:30 AM	Salad (+ moth sprouts)	
	2 Phulkas Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)	
2:00 PM	5 Cashewnuts (Eat One At A Time, Chew Well)	
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]	
8:00 PM	1 Khakra + Little Aloo + Veggies + Curd (like sev puri) 1 Plate Pani Puri	



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8/29/2022

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

<u>Week 4 - Day 6</u>

Mark tick/cross	i
7:30 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
10:00 AM	4 Dates (Eat Half At A Time, Chew Well)
11:30 AM	Salad
	2 Phulka
	Sabji Dal
2:00 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
5:00 PM	1 Onion roti/ thalipith
8:00 PM	Free Meal!!



- A) If need be diet plan days can be interchanged within a week.
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8/29/2022

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

Week 4 - Day 7 Mark tick/cross

7:30 AM 1 Tsp Methi Seeds (soaked)

10:00 AM 4 Dates (Eat Half At A Time, Chew Well)

11:30 AM 2 Stuffed Roti (capsicum + paneer - 2 tsp) 1 Katoris Curd with Onions and Tomatoes

2:00 PM Buttermilk

5:00 PM 1 Katori Boiled Chana

[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM Salad

1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji

Dal/ Kadi

Mention total in day



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