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#### www.snehafafat.com

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

9/3/2022

Weight: 63.4 kg Name: Amit Age: 40Y Height: 165 Cms Week 21 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 7:30 AM 4 Anjir (Eat Half At A Time, Chew Well) 9:45 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.] 12:00 PM 1 Slice/ Cube Cheese 2:00 PM Salad 1.5 Katori Rice Palak Dal 5:30 PM Pop-Corn 8:15 PM 2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top) 9:30 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) Mention total in day Exercise (in min) Water (in litres)

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









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9/3/2022

Weight: 63.4 kg		Name: Amit	Age: 40Y	Height: 165 Cms
Week 21 -	Day 2			
Mark tick/cross	i			
7:30 AM	20g Raisin	ı (Eat One At A T	ime, Chew Well)	
9:45 AM	Saute Peas	s with onion		
12:00 PM	20g Raisin	ı (Eat One At A T	Time, Chew Well)	
2:00 PM	Salad + 3 Tsp Mix Seeds			
	2 Phulka Sabji			

8:15 PM	2 Moong dal chilla (+lauki)
	Green Chutney

Roasted Makhana

9:30 PM 1 Glass Milk



5:30 PM

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









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9/3/2022

leight: 63.4 kg	Name: Amit	Age: 40Y	Height: 165 Cms
Week 21 -	Day 3		
Mark tick/cross	i		
7:30 AM	4 Anjir (Eat Half At A Tim	e, Chew Well)	
9:45 AM	1 Katori Boiled Chana [+ Veggies + Green Chutno	ey + Coriander +	Carrot + Lemon]
12:00 PM	1 Slice/ Cube Cheese		
2:00 PM	Salad 1 Millet roti [jowar/ makk Sabji Dal/ Kadi	a/ bajra/ ragi]	
5:30 PM	Pop-Corn		
8:15 PM	Soup 3 Slices Pizza (Mushroom/	Paneer)	
9:30 PM	1 Glass Milk		
ention 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)









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9/3/2022

Weight: 63.4 kg	g	Name: Amit	Age: 40Y	Height: 165 Cms
Week 21	<u>-</u> <u>Day 4</u>			
Mark tick/cross	<b>s</b> i			
7:30 AM	20g Raisin (	Eat One At A	Гіте, Chew Wel	1)
9:45 AM	4 Pcs. Dhok	da (Garnish W	ith Grated Carro	ot And Coriander)
12:00 PM	20g Raisin (	Eat One At A	Гіте, Chew Wel	1)
2:00 PM	Salad			
	2 Phulka			
	Palak Panee	er		
5:30 PM	Roasted Ma	ıkhana		
8:15 PM	2 Katoris K	hichadi		
		veggies and ta	ıdka	
	+ 1 tsp ghee	e (from top)		
9:30 PM	30g Mix See	eds (Sunflower	, pumpkin, wate	rmelon, flax)
Mention total in da	<u>y</u>			
Exercis (in min	e			
Water 🥛				
(in litres)				

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









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9/3/2022

Weight: 63	.4 kg	Name: Amit	Age: 40Y	Height:	165	Cms
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#### Week 21 - Day 5 Mark tick/cross i 4 Anjir (Eat Half At A Time, Chew Well) 7:30 AM 9:45 AM Saute Peas with onion 12:00 PM 20g Raisin (Eat One At A Time, Chew Well) 2:00 PM Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi 5:30 PM Pop-Corn 8:15 PM **Tossed Salad** (Bell Peppers + Tomatoes + Cucumber + Zucchini) + Paneer (6 Pcs.) 1 Glass Milk 9:30 PM

#### Mention total in day



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- B) Refer General Guidelines.









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9/3/2022

Weight: 63.4 kg Name: Amit Height: 165 Cms Age: 40Y Week 21 - Day 6 Mark tick/cross 4 Anjir (Eat Half At A Time, Chew Well) 7:30 AM 9:45 AM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 12:00 PM 1 Slice/ Cube Cheese 2:00 PM 2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies) 5:30 PM Roasted Makhana 8:15 PM Free Meal!! Nil 9:30 PM Mention total in day Exercise (in min) Water

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

(in litres)









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9/3/2022

Veight: 63.4 kg	Name: Amit	Age: 40Y	Height: 165 Cms
Week 21 -	<u>Day 7</u>		
Mark tick/cross	i		
7:30 AM	nil		
9:45 AM	2 Idlis		
	Sambar Chutney		
12:00 PM	1 Slice/ Cube Cheese		
2:00 PM	Bean Salad (1 Katori Rajm 1 Phulka Sabji	a + Chopped Mix	Veggies)

5:30 PM	Pop-Corn
8:15 PM	Veg. Pasta 1 Katori Boiled Pasta + lot of Veggies/ vegetable gravy Of Choice, + 1 Cube Cheese

1 Glass Milk



9:30 PM

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