

+91 9890601345

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

9/6/2022

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

Week 5 - Day 1

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

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

10:00 AM 1 Coconut water

11:30 AM Salad 1.5 Katori Rice Palak Dal

2:00 PM 3 tsp black til seeds
5:00 PM Murmura + Veggies Bhel

8:00 PM 2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 21-10-22

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



10:00 AM

2:00 PM







Sneha Fafat

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9/6/2022

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

Tulsi tea (boil tulsi leaves in water)

Week 5 - Day 2 Mark tick/cross i 7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

11:30 AM Salad + 3 Tsp Mix Seeds

 outerer o rop man oc
2 Phulka
Sabji

5:00 PM	Saute Peas with onion

Dal Water

8:00 PM 2 Moong dal chilla (+lauki) Green Chutney



Program Expiry 21-10-22

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9/6/2022

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

Week 5 - Day 3

M1- (2-1- /	
Mark tick/cross	
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
10:00 AM	1 Coconut water
11:30 AM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
2:00 PM	Dal Water
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	2 Stuffed Roti (capsicum + paneer - 2 tsp) 1 Katoris Curd with Onions and Tomatoes



Program Expiry 21-10-22

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9/6/2022

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

Mark tick/cross 7:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also) 10:00 AM Tulsi tea (boil tulsi leaves in water) 11:30 AM Salad 2 Phulka Palak Paneer 2:00 PM 3 tsp black til seeds 5:00 PM 4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)



8:00 PM

Program Expiry 21-10-22

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Free Meal!!









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9/6/2022

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

Week 5 - Day 5 Mark tick/cross Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also) 7:30 AM 1 Coconut water 10:00 AM 11:30 AM Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi 2:00 PM Dal Water Saute Peas with onion 5:00 PM 8:00 PM **Tossed Salad** (Bell Peppers + Tomatoes + Cucumber + Zucchini)



Program Expiry 21-10-22

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+ Paneer (6 Pcs.)









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9/6/2022

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

Week 5 - Day 6

Mark tick/cross	i
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
10:00 AM	Tulsi tea (boil tulsi leaves in water)
11:30 AM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
2:00 PM	3 tsp black til seeds
5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 21-10-22

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9/6/2022

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

Week 5 - Day 7

Mark tick/cross	; i
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
10:00 AM	1 Coconut water
11:30 AM	Bean Salad (1 Katori Rajma + Chopped Mix Veggies) 1 Phulka Sabji
2:00 PM	Dal Water
5:00 PM	Pop-corn
8:00 PM	2 Moong dal chilla (+Palak) Curd



Program Expiry 21-10-22

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