

+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

9/26/2022

Name: Parijat Age: 31Yrs Weight: 88 kg Height: 176Cms <u>Week 1 - Day 1</u> (tues) Mark tick/cross in the box below time, mention anything extra you had and submit weekly. Night 9pm Lemon water [or] to afternoon 1 Mint water [or] sauf water [or] Cinnamon water [or] Pm Green Tea 2:00 PM Nil 5:00 PM Nil 7:00 PM Nil 9:30 PM Salad + 1 Katori Chana 2 Millet roti [jowar/ makka/ bajra/ ragi]

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

Program Expiry -12-22

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

Sabji Dal/ Kadi









www.snehafafat.com 9/26/2022

Weight: 88 kg Name: Parijat Age: 31Yrs Height: 176Cms

Week 1 - Day 2 (wed)

Mark tick/cross

Night 9pm Lemon water [or] to afternoon 1 Mint water [or]

Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Salad

2 Phulka Sabji

Buttermilk

5:00 PM 2 Eggs + veggies

7:00 PM 1 Slice/ Cube Cheese

1 Fruit

9:30 PM 3-4 Idlis

2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)

L Chutney

Mention total in day



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









www.snehafafat.com 9/26/2022

Weight: 88 kg Name: Parijat Age: 31Yrs Height: 176Cms

Week 1 - Day 3 (thrus)

Mark tick/cross

Night 9pm Lemon water [or] to afternoon 1 Mint water [or]

Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Nil

5:00 PM Nil

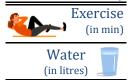
7:00 PM Nil

9:30 PM 1 Katori Peanuts + Salad

2 Phulka

Sabji with paneer

Mention total in day



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









www.snehafafat.com 9/26/2022

Weight: 88 kg Name: Parijat Age: 31Yrs Height: 176Cms

Week 1 - Day 4

Mark tick/cross

Night 9pm Lemon water [or] to afternoon 1 Mint water [or]

Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM 2 Phulka

Cabbage And Peas Sabji

5:00 PM Murmura (+ 1 Tbsp Peanuts)

7:00 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

9:30 PM Grilled Chicken

1 Millet Roti

Sabji

Kadi/ Dal

Mention total in day



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









www.snehafafat.com 9/26/2022

Weight: 88 kg Name: Parijat Age: 31Yrs Height: 176Cms

<u>Week 1 - Day 5</u>

Mark tick/cross

Night 9pm Lemon water [or] to afternoon 1 Mint water [or]

Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM 2 Phulkas

Paneer with Mix Veg.

5:00 PM 2 Eggs + veggies

7:00 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

9:30 PM 2 Phulkas

Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

Dal

Mention total in day



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









www.snehafafat.com 9/26/2022

Weight: 88 kg Name: Parijat Age: 31Yrs Height: 176Cms

Week 1 - Day 6

Mark tick/cross

Night 9pm Lemon water [or] to afternoon 1 Mint water [or]

Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM 2 Palak roti

Cucumber Raita (Made of 1 Katori Curd)

5:00 PM Murmura (+ 1 Tbsp Peanuts)

7:00 PM 1 Slice/ Cube Cheese

1 Fruit

9:30 PM Free Meal!!

Mention total in day



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









www.snehafafat.com 9/26/2022

Weight: 88 kg Name: Parijat Age: 31Yrs Height: 176Cms

<u>Week 1 - Day 7</u>

Mark tick/cross

Night 9pm Lemon water [or] to afternoon 1 Mint water [or]

Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Salad

2 Katori Veg. Pulav

Chole

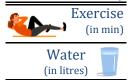
5:00 PM 2 Eggs + veggies

7:00 PM 1 Glass Milk Shake (1 Small Banana, No Sugar)

9:30 PM 3 Moong dal chilla (+lauki)

Green Chutney

Mention total in day



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