Sneha Fafat www.snehafafat.com

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Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

<u>Member</u>: 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

10/3/2022

Weight: 88 kg	Name: Parijat	Age: 31Yrs	Height: 176Cms
Wolght. 00 kg	i tamoi i anjat	7.90.01.10	

Week 2 - Day 1 (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]
Pm	sauf water [or] Cinnamon water [or]
	Green Tea

2:00 PM Nil



5:00 PM



7:00 PM



Nil

Nil



1 Phulka Sabji 2 Katori Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)



Program Expiry 15 -12-22



Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 2 (wed)

Mark tick/cross i

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 Chole

Salad



1 Slice/ Cube Cheese

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



9:30 PM

2 Phulka Cabbage And Peas Sabji



Program Expiry 15 -12-22



Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 3 (thrus)

Nil

Mark tick/cross i

Night 9pm	Lemon water [or]
to afternoon 1	Mint water [or]
Pm	sauf water [or] Cinnamon water [or]
	Green Tea

2:00 PM



5:00 PM	Nil
7:00 PM	Nil







Grilled Chicken Saute veggies 1 Dosa sambar chutney



Program Expiry 15 -12-22



Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 4

Mark tick/cross i

Night 9pm	Lemon water [or]
to afternoon 1	Mint water [or]
Pm	sauf water [or] Cinnamon water [or]
	Green Tea





2 Phulka Palak Sabji

Salad



1 Fruit



1 Katori Peanuts [boiled/ roasted]



2 Stuffed Roti (capsicum + paneer - 2 tsp)



Program Expiry 15 -12-22



Age: 31Yrs

Height: 176Cms

Week 2	<u>- Day 5</u>
Mark tick/cross	i
Night 9pm to afternoon 1 Pm	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
2:00 PM	1.5 katori Rice Onion Tomato Dal Salad
5:00 PM	1 Fruit
7:00 PM	1 Glass Milk Shake (1 Small Banana, No Sugar)
9:30 PM	Clear Vegetable Soup 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)



Weight: 88 kg

Name: Parijat

Program Expiry 15 -12-22



Name: Parijat

Age: 31Yrs

Height: 176Cms

<u>Week 2 - Day 6</u>

Mark tick/cross i

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 Methi Matar Sabji



5:00 PM

1 Slice/ Cube Cheese

7:00 PM

Saute Peas with onion



9:30 PM

Free Meal!!





Program Expiry 15 -12-22



Name: Parijat

Age: 31Yrs

Height: 176Cms

Week 2 - Day 7

Mark tick/cross i

Night 9pm	Lemon water [or]
to afternoon 1	Mint water [or]
Pm	sauf water [or] Cinnamon water [or]
	Green Tea



1 Stuffed roti (peas) Tomato Chutney

1 Fruit



5:00 PM



1 Katori Peanuts [boiled/ roasted]



2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)



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

Program Expiry 15 -12-22