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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

10/11/2022

eignt: 88.8 kg	Name: Panjat	Age: 3111S	Height: 176Cms
Week 3 -	Day 1 (tues)		
Mark tick/	cross in the box below time, mention	anything extra you had a	nd submit weekly.
0 1	Lemon water [or] Mint water [or] sauf water [or] Cinnamon wate Green Tea	er [or]	
2:00 PM	Nil		
5:00 PM	Nil		
7:00 PM	Nil		
9:30 PM	1 Phulka Sabji		
	1 katori Cabbage rice Palak raita (1 katori curd + bla	nced spinach)	

Program Expiry 15 -12-22

tion total in day

Water (in litres)

imin)

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









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Name: Parijat Age: 31Yrs Height: 176Cms eight: 88.8 kg Week 3 - Day 2 (wed) Mark tick/c Night 9pm Lemon water [or] to afternoon Mint water [or] 1 Pm sauf water [or] Cinnamon water [or] Green Tea 2:00 PM 2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top) 5:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) 7:00 PM Roasted Makhana 9:30 PM 2 Phulkas Paneer with Mix Veg.

cise 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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eight: 88.8 kg Name: Parijat Age: 31Yrs Height: 176Cms

### Week 3 - Day 3 (thrus)

Mark tick/c

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

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM Nil

5:00 PM Nil

Ш

7:00 PM Nil

9:30 PM 3 Phulka

Methi Matar Sabji

tion total in day



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









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eight: 88.8 kg Name: Parijat Age: 31Yrs Height: 176Cms

### Week 3 - Day 4

Mark tick/c

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

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM	2 Phulka
	Cabbage And Peas Sabji

5:00 PM	2 Eggs
7.00 DM	2.D 11 - (C 1-1-1
7:00 PM	2 Rasgullas (Completely squeeze out syrup)
9:30 PM	Mix Veg. Soup (Not Strained)
	2 Katori Palak Khichadi

cise
min)
Water
(in litres)

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- B) Refer General Guidelines.









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eight: 88.8 kg Name: Parijat Age: 31Yrs Height: 176Cms

### **Week 3 - Day 5**

Mark tick/c

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

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM	Salad
	2 Stuffed Lauki Roti Kadi

5:00 PM		2 Eggs
7:00	PM	Roasted Makhana





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









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Name: Parijat Age: 31Yrs Height: 176Cms eight: 88.8 kg Week 3 - Day 6 Mark tick/c Night 9pm Lemon water [or] to afternoon Mint water [or] 1 Pm sauf water [or] Cinnamon water [or] Green Tea 2:00 PM Salad 2 Phulkas Matar Paneer 5:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax) 7:00 PM Roasted Makhana 9:30 PM Free Meal!!

cise

Water (in litres)

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









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eight: 88.8 kg Name: Parijat Age: 31Yrs Height: 176Cms

### **Week 3 - Day 7**

Mark tick/c

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

1 Pm sauf water [or] Cinnamon water [or]

Green Tea

2:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)
	<b>'</b>

5:00 PM	30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)
7:00 PM	2 Rasgullas (Completely squeeze out syrup)
9:30 PM	Grilled Chicken
	Saute Veggies

cise min)

Water (in litres)

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