Sneha Fafat
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10/12/2022

Weight: 106 kg	Name: Mayur	Age: 31 Yrs	Height: 177 Cms
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Week 1 - Day 1

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

7:00 AM	1 Banana (take Small bites, chew well)
9:00 AM	1 ¹ / ₂ Katori Sprouts [+ Veggies; Raw or half cooked]
11:30 AM	1 Coconut water
2:00 PM	Phulka
	Sabji
	Buttermilk
5:30 PM	Murmura + 1 Katori Roasted Chana
8:30 PM	Cabbage rice
	Palak raita (1 katori curd + blanced spinach)



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

Week 1 - Day 2 Fri

Mark tick/cross i

7:00 AM	20g Raisin (Eat One At A Time, Chew Well)
9:00 AM	2 Eggs + veggies
11:30 AM	1 Coconut water
2:00 PM	Salad
	Rice
	Chole [shud be more than rice]
5:30 PM	Roasted Makhana



Grilled Chicken Veggies



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

Week 1 - Day 3

Mark tick/cross i

7:00 AM	1 Banana (take Small bites, chew well)
9:00 AM	2 Idlis
	Chutney
11:30 AM	1 Glass Buttermilk [+ Coriander/Pudina]
2:00 PM	Phulka
	Sabji
	Dal [more]

5:30 PM Murmura + 1 Katori Roasted Chana



2 Phulka Methi Matar Sabji



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

Week 1 - Day 4

Mark tick/cross i

7:00 AM	20g Raisin (Eat One At A Time, Chew Well)
9:00 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
11:30 AM	1 Coconut water
2:00 PM	Phulka Cabbage And Peas Sabji
5:30 PM	Roasted Makhana



Free Meal!!



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

Week 1 - Day 5

Mark tick/cross i

7:00 AM	20g Raisin (Eat One At A Time, Chew Well)
9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:30 AM	1 Coconut water
2:00 PM	Salad Stuffed Gobi Roti Kadi
5:30 PM	Roasted Makhana
8:30 PM	Mix Veg. Soup (Not Strained)



Mix Veg. Soup (Not Strained) Veg Khichadi [Palak puree + Other veggies]



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

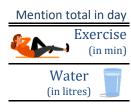
Week 1 - Day 6

Mark tick/cross i

7:00 AM	1 Banana (take Small bites, chew well)
9:00 AM	1 ¹ / ₂ Katori Sprouts [+ Veggies; Raw or half cooked]
11:30 AM	1 Glass Buttermilk [+ Coriander/Pudina]
2:00 PM	Salad
	Phulka
	Matar Paneer
5:30 PM	Murmura + 1 Katori Roasted Chana



Steamed/ Grilled Veggies Curd Rice



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

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

Mark tick/cross i

7:00 AM	1 Banana (take Small bites, chew well)
9:00 AM	2 Eggs + veggies
11:30 AM	1 Glass Buttermilk [+ Coriander/Pudina]
2:00 PM	Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)

5:30 PM Murmura + 1 Katori Roasted Chana



Grilled Chicken Veggies



Program Expiry 10-01-23