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

10/15/2022

| Weight: 94.1 kgs | Name: Achint | Age: 41 Yrs | Height: 178Cms |
|------------------|--------------|-------------|----------------|
| | | J - | |

Week 4- Day 1

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

| 6:30 AM | 1 Banana (take Small bites, chew well) |
|----------|---|
| 9:00 AM | Fruit Smoothie [100ml Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds Frozen on previous night |
| 11:00 AM | Buttermilk |
| 1:00 PM | 2 Phulka Dal |
| 4:30 PM | 1 Fruit |
| 6:30 PM | Popcorn |
| 9:00 PM | 1 Katori Rice Dal Salad |
| | |



Program Expiry 14-12-22

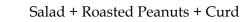


Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 2

Mark tick/cross i

| 6:30 AM | 8 Pcs. Walnuts (Eat One At A Time, Chew Well) |
|----------|---|
| 9:00 AM | 2 Eggs + veggies |
| 11:00 AM | Buttermilk |
| 1:00 PM | 1 Katori Rice |
| | Dal Salad |
| 4:30 PM | 1 Glass Water + 1 tbsp chia seeds |
| 6:30 PM | Roasted Makhana |
| | |





9:00 PM

Program Expiry 14-12-22



Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 3

Mark tick/cross i

| 6:30 AM | 8 Pcs. Walnuts (Eat One At A Time, Chew Well) |
|----------|---|
| 9:00 AM | As per availaibility |
| 11:00 AM | 2 tsp roasted Sauf |
| 1:00 PM | 1 Katori Rice |
| | Dal Salad |
| | Surray |
| 4:30 PM | 1 Fruit |
| 6:30 PM | 1 Glass Milk + 1 Fruit |
| | |
| 9:00 PM | 1 Phulka |
| | Dal Salad + Roasted Chana |
| | |



Program Expiry 14-12-22



Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 4

Mark tick/cross i

| 6:30 AM | 8 Pcs. Walnuts (Eat One At A Time, Chew Well) |
|----------|--|
| 9:00 AM | As per availaibility |
| 11:00 AM | 2 tsp roasted Sauf |
| 1:00 PM | 1 Katori Rice Dal Salad |
| 4:30 PM | 1 Glass Water + 1 tbsp chia seeds |
| 6:30 PM | Roasted Peanuts + 1 Fruit |
| 9:00 PM | Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi |
| | |



Program Expiry 14-12-22



Name: Achint Age: 41 Yrs Height: 178Cms

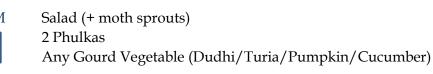
Week 4- Day 5

Mark tick/cross i

| 6:30 AM | 1 Banana (take Small bites, chew well) |
|----------|--|
| 9:00 AM | 1 Katori Chole [+Onion, Coriander] |
| 11:00 AM | Buttermilk |
| 1:00 PM | 2 Phulkas |
| | Paneer with Mix Veg. |
| 4:30 PM | 1 Fruit |
| 6:30 PM | Sprouts Bhel |

9:00 PM

Sprouts Bhel 1 Katori Sprouts + Murmrua + veggies





Program Expiry 14-12-22

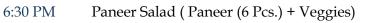


Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 6

Mark tick/cross i

| 6:30 AM | 8 Pcs. Walnuts (Eat One At A Time, Chew Well) |
|----------|---|
| 9:00 AM | 1 stuffed roti [lauki/ cucumber] |
| 11:00 AM | 2 tsp roasted Sauf |
| 1:00 PM | 2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies) |
| 4:30 PM | 1 Fruit |





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

Program Expiry 14-12-22



Name: Achint Age: 41 Yrs Height: 178Cms

Week 4- Day 7

Mark tick/cross i

| 6:30 AM | 1 Banana (take Small bites, chew well) |
|----------|---|
| 9:00 AM | 2 Eggs + veggies |
| 11:00 AM | Buttermilk |
| 1:00 PM | Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 1 Phulka Sabji |
| 4:30 PM | 1 Glass Water + 1 tbsp chia seeds |
| 6:30 PM | Paneer Salad (Paneer (6 Pcs.) + Veggies) |
| 9:00 PM | 2 -3 Moong dal chilla (+lauki) Green Chutney |



Program Expiry 14-12-22