Sneha Fafat www.snehafafat.com

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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: 115 kg Name: Sarang Age: 19 Yrs Height: 180 Cms

Week 1 - Day 1

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

5:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
8:30 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
11:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
1:30 PM	Salad + Sprouts + Curd 2 Phulka Sabji
5:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi



8:00 PM

Program Expiry 12-01-23



Name: Sarang

ang Age: 19 Yrs

Height: 180 Cms

Week 1 - Day 2

Mark tick/cross i

5:30 AM	1 Coconut water
8:30 AM	2 besan chilla [+ cucumber/ lauki]
11:00 AM	Pani Puri Water (only water)
1:30 PM	Salad
	2 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
5:00 PM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 2 Phulka Sabji



Program Expiry 12-01-23



Name: Sarang

ang Age: 19 Yrs

Height: 180 Cms

<u>Week 1 -</u> Day 3

Mark tick/cross i

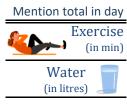
5:30 AM	1 Coconut water
8:30 AM	2 Idlis
	Sambar Chutney
11:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
1:30 PM	Fresh Methi Salad + Sprouts
	2 Phulka
	Sabji

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)



5:00 PM

2-3 Moong dal chilla (+lauki) + cheese 1 cube Green Chutney



Program Expiry 12-01-23



Name: Sarang Age: 19 Yrs

Height: 180 Cms

Week 1 - Day 4

Mark tick/cross i

5:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
8:30 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
11:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
1:30 PM	Salad (+ moth sprouts)
	2 Phulkas
	Any Gourd Vegetable (Dudhi/Turia/Pumpkin/Cucumber)

5:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka
	+ 1 tsp ghee (from top)



Program Expiry 12-01-23



Name: Sarang Age: 19 Yrs

Height: 180 Cms

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

Mark tick/cross i

5:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
8:30 AM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
11:00 AM	Pani Puri Water (only water)
1:30 PM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)

Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM

5:00 PM

Radish and Cucumber Salad 2 Onion roti 1 Katori Curd + Veggies



Program Expiry 12-01-23



Name: Sarang

ang Age: 19 Yrs

Height: 180 Cms

Week 1 - Day 6

Mark tick/cross i

5:30 AM	1 Coconut water
8:30 AM	1 ¹ / ₂ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
1:30 PM	2 Phulkas
	Palak Sabji
	1 Katori Whole Moong
5:00 PM	1 Katori Boiled Chana

1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]



Free Meal!!



Program Expiry 12-01-23



Name: Sarang Age: 19 Yrs

Height: 180 Cms

Week 1 - Day 7

Mark tick/cross i

5:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
8:30 AM	1 ¹ / ₂ Katori Sprouts [+ Veggies; Raw or half cooked]
11:00 AM	Pani Puri Water (only water)
1:30 PM	2 Phulkas
	Paneer with Mix Veg.
5:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM

3-4 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Program Expiry 12-01-23