Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 Ex-Diet Consultant

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

10/18/2022

sight: 86.9 kg Name: Parijat Age: 31Yrs

Height: 176Cms

## Week 4 - 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 Mint water [or] 1 Pm sauf water [or] Cinnamon water [or] Green Tea

2:00 PM Nil

5:00 PM Nil 7:00 PM Nil 9:30 PM Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi 1 Phulka Sabji

tion total in day Cise min) Water (in litres)

Program Expiry 15 -12-22



∋ight: 86.9 kg	Name: Parijat	Age: 31Yrs	Height: 176Cms
<u>Week 4 -</u>	<u>Day 2</u> (wed)		
Mark tick/	C		
	Lemon water [or] Mint water [or] sauf water [or] Cinnamo Green Tea	n water [or]	
2:00 PM	Salad 1 Millet roti [jowar/ mał Sabji Dal/ Kadi	kka/ bajra/ ragi]	
5:00 PM	5 Pcs. Walnuts + 5 Almo	nds (Eat One At A Time	e, Chew Well)
7:00 PM	Saute Peas with onion		
9:30 PM	Salad (1 Katori Peanuts - 2 Phulka Sabji	+ 2 Katoris Other Veggi	es)
tion total in day cise min) Water	-		

Program Expiry 15 -12-22

(in litres)



Age: 31Yrs

Height: 176Cms

Week 4 - Day 3 (thrus) Mark tick/c Night 9pm Lemon water [or] to afternoon Mint water [or] sauf water [or] Cinnamon water [or] 1 Pm Green Tea 2:00 PM Nil 5:00 PM Nil 7:00 PM Nil 9:30 PM Salad + 1 Egg 2-3 Moong dal chilla (+lauki) Green Chutney

Name: Parijat



eight: 86.9 kg

Program Expiry 15 -12-22



eight: 86.9 kg	Name: Parijat	Age: 31Yrs	Height: 176Cms
Week 4 -	Day 4		
Mark tick/	C		
0 1	Lemon water [or] Mint water [or] sauf water [or] Cinnamon wate Green Tea	er [or]	
2:00 PM	Salad (+ moth sprouts) 2 Phulkas Any Gourd Vegetable (Dudhi/	Turia/Pumpkin/Cu	cumber)
5:00 PM	5 Pcs. Walnuts + 5 Almonds (E	at One At A Time, Cl	new Well)
7:00 PM	1 Katori Boiled / Roasted Char [+ Veggies + Green Chutney +		· Lemon]
9:30 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)		
tion total in day			



Program Expiry 15 -12-22



eight: 86.9 kg Name: Parijat

Age: 31Yrs

Height: 176Cms

## <u>Week 4 - Day 5</u>

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



5:00 PM 1 Coconut water



7:00 PM Saute Peas with onion



9:30 PM

Grilled Chicken Saute veggies



Program Expiry 15 -12-22



eight: 86.9 kg	Name: Parijat	Age: 31Yrs	Height: 176Cms
<u>Week 4 -</u>	<u>Day 6</u>		
Mark tick/o	:		
	Lemon water [or] Mint water [or] sauf water [or] Cinnamon wa Green Tea	ter [or]	
2:00 PM	2 Phulkas Palak Sabji 1 Katori Whole Moong		
5:00 PM	5 Pcs. Walnuts + 5 Almonds (	Eat One At A Time, C	hew Well)
7:00 PM	Saute Peas with onion		
9:30 PM	Free Meal!!		
tion total in day			
cise min)			
Water (in litres)	•		
Program Expiry 15 -12-22			



eight: 86.9 kg	Name: Parijat	Age: 31Yrs	Height: 176Cms
Week 4 -	<u>Day 7</u>		
Mark tick/	ζ.		
0 1	Lemon water [or] Mint water [or] sauf water [or] Cinnamon wat Green Tea	er [or]	
2:00 PM	2 Phulkas Paneer with Mix Veg.		
5:00 PM	1 Coconut water		
7:00 PM	1 Katori Boiled / Roasted Cha [+ Veggies + Green Chutney +		+ Lemon]
9:30 PM	2-3 Idlis 2 bowls Sambar (Add Gourd V Chutney	/eggies - Dudhi/Turi	a/Pumpkin)
tion total in day	<u>.</u>		



Program Expiry 15 -12-22