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Sneha Fafat

<u>Ex-Diet Consultant</u> Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

22-10-22

<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

Nan	ne: Achint	Age: 41 Yrs	Height:	•
Weight: 93.1 kgs		178Cms		

Week 5- Day 1

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

6:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:00 AM	1 Fruit
1:00 PM	2 Phulka
	Sabji
	Dal
4:30 PM	Dal Water
6:30 PM	2 Rasgullas (Completely squeeze out syrup)
9:00 PM	Mix Veg. Soup (Not Strained)
	2 Katori Palak Khichadi



Program Expiry 14-12-22



Weight: 93.1 kgs

Name: Achint

Age: 41 Yrs Height

Height: 178Cms

Week 5- Day 2

Mark tick/cross i

6:30 AM	1 Tsp Methi Seeds (soaked)
9:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
11:00 AM	1 Glass Buttermilk [+ Coriander/Pudina]
1:00 PM	1 Katori Rice
	Chole Salad
4:30 PM	Pani Puri Water (only water)
6:30 PM	1 Katori Peanuts [boiled/ roasted]
9:00 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji
	Dal/ Kadi
ntion total in day	<u>/</u>



Program Expiry 14-12-22



Age: 41 Yrs

Height: 178Cms

22-10-22

Week 5-	Day 3
Mark tick/cross	i
6:30 AM	1 Tsp Methi Seeds (soaked)
9:00 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
11:00 AM	1 Fruit
1:00 PM	Chopped Mix Veg Salad + ½ Katori Curd 2 Phulkas Sabji
4:30 PM	Dal Water
6:30 PM	2 Rasgullas (Completely squeeze out syrup)
9:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 1 Phulka Sabji
Mention total in day	
Exercise (in min)	-
Water (in litres)	
Program Expiry	

Name: Achint

Program Expiry 14-12-22

Weight: 93.1 kgs



Weight: 93.1 kgs	s Name: Achint	Age: 41 Yrs	Height: 178Cms
Week 5- Day 4			
Mark tick/cross	; i		
6:30 AM	8 Pcs. Walnuts (Eat One At A	A Time, Chew W	ell)
9:00 AM	2 Eggs + veggies		
11:00 AM	1 Fruit		
1:00 PM	2 Phulka Dal		
4:30 PM	5 Cashewnuts (Eat One At A	A Time, Chew W	ell)
6:30 PM	1 Katori Peanuts [boiled/ roa	asted]	
9:00 PM	2-3 Idlis		
	Sambar Chutney		
Mention total in day			
Exercise (in min)			



Water (in litres)



Weight: 93.1 kgs

Name: Achint

Age: 41 Yrs Height:

Height: 178Cms

Week 5- Day 5

Mark tick/cross i

6:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1 stuffed roti [palak/ methi/ coriander]
11:00 AM	1 Glass Buttermilk [+ Coriander/Pudina]
1:00 PM	2 Phulka
	Paneer With Mix Veg
4:30 PM	Pani Puri Water (only water)
6:30 PM	1 Katori Peanuts [boiled/ roasted]
9:00 PM	Bean Salad (1 Katori Rajma + Chopped Mix Veggies) 1 Phulka Sabji



Program Expiry 14-12-22



Weight: 93.1 kgs

Name: Achint

Age: 41 Yrs F

Height: 178Cms

Week 5- Day 6

Mark tick/cross i

6:30 AM	1 Tsp Methi Seeds (soaked)
9:00 AM	2 Eggs + veggies
11:00 AM	1 Glass Buttermilk [+ Coriander/Pudina]
1:00 PM	2 Stuffed Roti (Cauliflower)
	1 Katori dahi + veggies
4:30 PM	Dal Water

2 Rasgullas (Completely squeeze out syrup)



1 Katori Rice Palak Dal Salad



Program Expiry 14-12-22



Weight: 93.1 kgs	Name: Achint	Age: 41 Yrs	Height: 178Cms
Week 5	<u>Day 7</u>		
Mark tick/cross	i		
6:30 AM	8 Pcs. Walnuts (Eat One At A	A Time, Chew W	/ell)
9:00 AM	1 methi thepla		
11:00 AM	1 Fruit		
1:00 PM	2 Methi thepla		
	Curd Salad		
4:30 PM	5 Cashewnuts (Eat One At A	A Time, Chew W	/ell)
6:30 PM	1 Katori Peanuts [boiled/ ro	asted]	
9:00 PM	Free Meal!!		
Montion total in day			
Mention total in day			



Program Expiry 14-12-22