Sneha	Fafat	www.snehaf	afat.com		Ex-Diet Consultant	
Registered I +91 9890601	Dietician #63/08 345				Lilavati Hospital, Mumbai Bombay Hospital, Mumba	
I	ndian Dietetic As	sociation, Inte	ernational	confederation (	l Nutrition & Metabolism, of Dietetic Associations,	
/	Asian Federation	of Dietetic As	sociations	, Orange City I	Runners	25-10-22
Weight: 112 kg	Name:	Sarang	Age: 1	9 Yrs	Height: 180 Cms	
Week 2 ·	<u>Week 2 - Day 1</u>					
Mark tick/cross	in the box below	time, mention a	anything e	xtra you had and	l submit weekly.	
5:30 AM	4 Anjir (Eat H	alf At A Tim	e, Chew	Well)		
8:30 AM	1½ katoris rav	va upma [+ p	eas, toma	atoes, coriand	er, beans etc.]	
11:00 AM	8 Pcs. Walnut	s (Eat One A	t A Time,	, Chew Well)		
1:30 PM	2 Phulka					

1	

Sabji Dal

2 Rasgullas (Completely squeeze out syrup)



5:00 PM

2 Phulkas

Paneer with Mix Veg.



Program Expiry 12-01-23



## Weight: 112 kg Name: Sarang Age: 19 Yrs Height: 180 Cms

#### Week 2 - Day 2

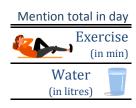
Mark tick/cross i

5:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
11:00 AM	Dal Water
1:30 PM	1 Katori Rice
	Chole
	Salad

5:00 PM 8:00 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi



Program Expiry 12-01-23



## Weight: 112 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

# Week 2 - Day 3

Mark tick/cross i

5:30 AM	4 Anjir (Eat Half At A Time, Chew Well)
8:30 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
11:00 AM	Dal Water
1:30 PM	Chopped Mix Veg Salad + ½ Katori Curd
	2 Phulkas Sabji
5:00 PM	2 Rasgullas (Completely squeeze out syrup)
8:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 1 Phulka Sabji



Program Expiry 12-01-23



Weight: 112 kg Name: Sarang Age: 19 Yrs Height: 180 Cms

## Week 2 - Day 4

Mark tick/cross i

Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
1 Katori Boiled Chana
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2 Phulka
Dal



1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

2-3 Idlis Sambar Chutney



Program Expiry 12-01-23



180 Cms

Weight: 112 kg	Name:	Sarang	Age: 19 Yrs	Height:
	riame.	Surung	7.50. 13 113	i loigitt.

## Week 2 - Day 5

Mark tick/cross i

5:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	1 stuffed roti [palak/ methi/ coriander]
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:30 PM	2 Phulka
	Paneer With Mix Veg
5:00 PM	2 Rasgullas (Completely squeeze out syrup)
8:00 PM	Bean Salad (1 Katori Rajma + Chopped Mix Veggies) 1 Phulka



Sabji

Program Expiry 12-01-23



Weight: 112 kg

Name: Sarang

Age: 19 Yrs

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

Height: 180 Cms

# Week 2 - Day 6

Mark tick/cross i

5:30 AM	4 Anjir (Eat Half At A Time, Chew Well)
8:30 AM	2 besan chilla [+ cucumber/ lauki]
11:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:30 PM	2 Stuffed Roti (Cauliflower)
	1 Katori dahi + veggies

5:00 PM 8:00 PM

Free Meal!!

No sugar/ jaggery to be added



Program Expiry 12-01-23



Weight: 112 kg	Name: Sarang	Age: 19 Yrs	Height: 180 Cms
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## Week 2 - Day 7

Mark tick/cross i

5:30 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
8:30 AM	1 methi thepla
11:00 AM	Dal Water
1:30 PM	2 Methi thepla
	Curd
	Salad



1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

1 Katori Rice Palak Dal Salad



Program Expiry 12-01-23