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Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Member: 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

11/1/2022

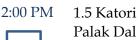
Name: Parijat Age: 31Yrs eight: 86.9 kg

Height: 176Cms

## <u>Week 5 -</u> <u>Day 1</u> (wed)

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] sauf water [or] Cinnamon water [or] 1 Pm Green Tea



1.5 Katori Rice



5:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

7:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

9	:30	ΡN	ſ

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Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 1 Phulka Sabji



**Program Expiry** 15 - 12 - 22



Yrs

Height: 176Cms

eight: 86.9 kg	Name: Parijat	Age: 31
<u>Week 5 -</u>	Day 2 (Thrus)	
Mark tick/	C	
0 1	Lemon water [or] Mint water [or] sauf water [or] Cinnamon wate Green Tea	er [or]
2:00 PM	Nil	
5:00 PM	Nil	
7:00 PM	Nil	
9:30 PM	Saute/Tossed Salad	
	Grilled Chicken	
tion total in day		



Program Expiry 15 -12-22



eight: 86.9 kg

Name: Parijat

Age: 31Yrs

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## <u>Week 5 - Day 3</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 Phulkas
- Rajma



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

7:00 PM

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

9:30	PM

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



Program Expiry 15 - 12 - 22



eight: 86.9 kg	Name: Parijat
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## <u>Week 5 - Day 4</u>

Mark tick/c

- Night 9pm Lemon water [or] to afternoon Mint water [or] 1 Pm sauf water [or] Cinnamor
  - 1 Pm sauf water [or] Cinnamon water [or] Green Tea
  - 2:00 PM 2



2 Phulka Matar Paneer



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

7:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)



9:30 PM 2 Katori Palak Khichadi





Program Expiry 15 -12-22



eight: 86.9 kg Name: Parijat

1

Age: 31Yrs

Height: 176Cms

## Week 5 - Day 5

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



No sugar/ jaggery to be added



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



Clear Vegetable Soup 2 Katoris Oats Upma (+ mix veggies)



Program Expiry 15 -12-22



Age: 31Yrs

Height: 176Cms

<u>Week 5 -</u>	<u>Day 6</u>
Mark tick/	C
	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
2:00 PM	Salad (Carrot + Radish +Other Veggies) 2 Stuffed Lauki Roti Kadi
5:00 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
7:00 PM	1 Katori Boiled / Rosted Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
9:30 PM	Free Meal!!

Name: Parijat



eight: 86.9 kg

Program Expiry 15 -12-22



Height: 176Cms

Name: Parijat Age: 31Yrs eight: 86.9 kg <u>Week 5 - Day 7 (Tues)</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 Nil 5:00 PM Nil 7:00 PM Nil 9:30 PM 2 Palak Roti 1 Katori Veg. Khichadi Cabbage soup



Program Expiry 15 -12-22