

+91 9890601345

www.snehafafat.com

Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Height: 170 Cms

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

11/9/2022

Name: Brajesh Age: 35 Yrs Weight: 89 kg Week 1 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:30 AM 9:00 AM 1 Katori Chole [+Onion, Coriander] 11:30 AM 1 Fruit 2:00 PM 2 Phulka Sabji 1 Katori Palak Dal 6:00 PM 1 Glass Milk + 1 tbsp chia seeds 8:30 PM 2 Moong dal chilla (+ carrot/Cabbage) onion tomato chutney 10:30 PM 20g Coconut (grated or 1.5" x 1.5" Piece) Mention total in day Exercise (in min)

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.

Water (in litres)









www.snehafafat.com 11/9/2022

Weight: 89 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

Week 1 - Day 2 Mark tick/cross 8 Pcs. Walnuts (Eat One At A Time, Chew Well) 7:30 AM 2 Eggs + veggies 9:00 AM 11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well) 2:00 PM 2 Phulka Methi Matar Sabji 6:00 PM Roasted Makhana Free Meal!! 8:30 PM 4 Dates (Eat Half At A Time, Chew Well) 10:30 PM Mention total in day (in min)

Program Expiry 2-02-23

Water (in litres)

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.







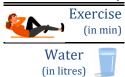


www.snehafafat.com 11/9/2022

Weight: 89 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

Week 1 - Day 3

Mark tick/cross	i
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	2 Phulkas
	Paneer with Mix Veg.
	Taneer with Mix veg.
6:00 PM	Roasted Makhana
8:30 PM	Clear Vegetable Soup
	2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)
10:30 PM	20g Coconut (grated or 1.5" x 1.5" Piece)
ention total in day	
Exercise	:
(in min)	
XAX	•



- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









www.snehafafat.com 11/9/2022

Name: Brajesh Age: 35 Yrs Height: 170 Cms Weight: 89 kg

Week 1 - Day 4 Mark tick/cross

8 Pcs. Walnuts (Eat One At A Time, Chew Well) 7:30 AM

2 besan chilla [+ cucumber/ lauki] 9:00 AM

11:30 AM 1 Fruit

2:00 PM

Salad

2 Onion roti / thalipith 1 Katori Curd + Veggies

6:00 PM

1 Glass Milk + 1 tbsp chia seeds

2-3 Millet Chilla (50% Besan+ 50% any millet flour) 8:30 PM + Dudhi

Tomato Chutney

10:30 PM

20g Coconut (grated or 1.5" x 1.5" Piece)

Mention total in day



- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









www.snehafafat.com 11/9/2022

Weight: 89 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

Week 1 - Day 5 Mark tick/cross 8 Pcs. Walnuts (Eat One At A Time, Chew Well) 7:30 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked] 9:00 AM 11:30 AM 1 Fruit 2:00 PM Radish and Cucumber Salad 1.5 Katori Rice Black Dal 6:00 PM Roasted Makhana 8:30 PM 2 Palak roti Cucumber Raita (Made of 1 Katori Curd) 4 Dates (Eat Half At A Time, Chew Well) 10:30 PM Mention total in day (in min)

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.

Water (in litres)







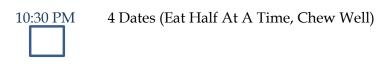


www.snehafafat.com 11/9/2022

Weight: 89 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

Mark tick/cross i 7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well) 9:00 AM 2 Eggs + veggies 11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM	2 Stuffed Lauki Roti Kadi
6:00 PM	Roasted Makhana
8:30 PM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi





- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.







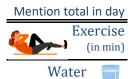


www.snehafafat.com 11/9/2022

Weight: 89 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

Week 1 - Day 7 Tark tick/cross

Mark tick/cross	i
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	1 stuffed roti [peas/ dal]
11:30 AM	1 Fruit
2:00 PM	Bean Salad (1 Katori Rajma + Chopped Mix Veggies) 2 Phulka Sabji
6:00 PM	1 Glass Milk + 1 tbsp chia seeds
8:30 PM	Soup/ Salad 3 Slices Pizza [paneer/chicken]
10:30 PM	20g Coconut (grated or 1.5" x 1.5" Piece)



(in litres)

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.