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

11/9/2022

Weight: 78 kgName: GauravAge: 35 YrsHeight: 170Cms

Week 1 - Day 1

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

8:00 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
10:00 AM	2 Eggs + veggies
12:30 PM	1 Coconut water
2:30 PM	Salad
	1.5 Katori Rice
	Palak Dal
6:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
	2 Phulka
	Sabji
12:30 AM	1 Slice/ Cube Cheese
ention total in day	<u>,</u>
Exercise (in min)	■ }
Water	
(in litres) 📃	_

Program Expiry 21-02-23

Me



Age: 35 Yrs

Height: 170Cms

Week 1 ·	<u>Day 2</u>
Mark tick/cross	i
8:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
10:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]
12:30 PM	Buttermilk
2:30 PM	1.5 Katori Rice Chole Salad
6:00 PM	Pop-corn
9:00 PM	Saute/Tossed Salad Grilled Chicken
12:30 AM	1 Fruit
Mention total in day	=
Water (in litres)	-
Program Expiry 21-02-23	

Name: Gaurav

Weight: 78 kg



Weight: 78 kg	Name: Gaurav	Age: 35 Yrs	Height: 170Cms
Week 1 -	<u>Day 3</u>		
Mark tick/cross	i		
8:00 AM	8 Pcs. Walnuts (Eat One A	t A Time, Chew Well)
10:00 AM	1 veg. uttapam [+capsicum sambhar/ green chutney	ns, tomatoes, onions]	
12:30 PM	1 Coconut water		
2:30 PM	2 Phulkas		
	Rajma		
6:00 PM	Murmura (+ 1 Tbsp Peanu	ıts + Veggies + Green	Chutney)
9:00 PM	2-3 Idlis		
	2 bowls Sambar (Add Gou Chutney	ırd Veggies - Dudhi/	Turia/Pumpkin)
12:30 AM	1 Slice/ Cube Cheese		
Mention total in day			
Exercise (in min)			
Water 🦷			

Program Expiry 21-02-23

(in litres)



Weight: 78 kg	Name: Gaurav	Age: 35 Yrs	Height: 170Cms	
Week 1 -	<u>Day 4</u>			
Mark tick/cross	i			
8:00 AM	8 Almonds (Eat One At A	A Time With Skin, Chev	w Well)	
10:00 AM	2 besan chilla [+ cucumbe	er/ lauki]		
12:30 PM	1 Coconut water			
2:30 PM	2 Phulka			
	Matar Paneer			
6:00 PM	Murmura (+ 1 Tbsp Pean	uts + Veggies + Green	Chutney)	
9:00 PM	2-3 Katori Palak Khichad	i		
	Kadi			
12:30 AM	1 Fruit			
Mention total in day	Mention total in day			
(in min)				
Water (in litres)				
Program Expiry 21-02-23	_			



Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 1 - Day 5

Mark tick/cross i

8:00 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
10:00 AM	2 Eggs + veggies
12:30 PM	Buttermilk
2:30 PM	2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies)
6:00 PM	Pop-corn
9:00 PM	Clear Vegetable Soup Grilled Chicken
12:30 AM	1 Slice/ Cube Cheese
Mention total in day Exercise	=
(in min)	

(in litres) Program Expiry 21-02-23

Water



Height: 170Cms

Weight: 78 kg	Name: Gaurav	Age: 35 Yrs	He
<u>Week 1 -</u>	<u>Day 6</u>		
Mark tick/cross			
8:00 AM	8 Pcs. Walnuts (Eat One A	t A Time, Chew Well)	
10:00 AM	1 ½ Katori Sprouts [+ Veg	gies; Raw or half cooked]
12:30 PM	1 Coconut water		
	Salad (Carrot + Radish +C 2 Stuffed Lauki Roti Kadi	ther Veggies)	
6:00 PM	Pop-corn		
9:00 PM	Free Meal!!		
12:30 AM	Nil		
Mention total in day Exercise (in min) Water (in litres)			



Weight: 78 kg	Name: Gaurav	Age: 35 Yrs	Height: 170Cms
Week 1 -	<u>Day 7</u>		
Mark tick/cross	i		
8:00 AM	8 Pcs. Walnuts (Eat One At	t A Time, Chew Well))
10:00 AM	2 Eggs + veggies		
12:30 PM	Buttermilk		
2:30 PM	1 Palak roti Cucumber Raita (Made of	1 Katori Curd)	
6:00 PM	Murmura (+ 1 Tbsp Peanu	ts + Veggies + Green	Chutney)
9:00 PM	2 Katoris Veg. Khichadi Cabbage soup		
12:30 AM	1 Fruit		
Mention total in day Exercise (in min)			
Water (in litres)	_		
Program Expiry 21-02-23			