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<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

11/13/2022



#### <u>Week 3 - Day 1</u>

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

9:00 AM	1 Katori Chole [+Onion, Coriander]
11:30 AM	4 Dates (Eat Half At A Time, Chew Well)
2:00 PM	2 Phulka
	Sabji
	1 Katori Palak Dal
5:30 PM	1 Slice/ Cube Cheese
	1 Fruit

2 Moong dal chilla (+ carrot/Cabbage) onion tomato chutney



8:30 PM

Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

# Week 3 - Day 2

Mark tick/cross i

9:00 AM	1 Glass Milk Shake (+ Fruit, No Sugar)
11:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:00 PM	2 Phulka Methi Matar Sabji

5:30 PM

1 Katori Peanuts [boiled/ roasted]



Salad 2 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

Height: 177 Cms

# Week 3 - Day 3

Mark tick/cross i

9:00 AM	1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]
11:30 AM	4 Dates (Eat Half At A Time, Chew Well)
2:00 PM	2 Phulka
	Sabji Dal
5:30 PM	1 Slice/ Cube Cheese 1 Fruit



8:30 PM

Kadi

Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

### Week 3 - Day 4

Mark tick/cross i

9:00 AM	2 besan chilla [+ cucumber/ lauki]
11:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad
	2 Onion roti / thalipith
	1 Katori Curd + Veggies

5:30 PM

1 Katori Peanuts [boiled/ roasted]



Grilled Chicken Salad/ Saute veggies



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

# Week 3 - Day 5

Mark tick/cross i

9:00 AM	1 <sup>1</sup> / <sub>2</sub> Katori Sprouts [+ Veggies; Raw or half cooked]
11:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:00 PM	Radish and Cucumber Salad
	1.5 Katoris Rice
	Black Dal
E.20 DM	1 Clica / Cuba Chassa

5:30 PM

1 Slice/ Cube Cheese 1 Fruit



2 Palak roti Cucumber Raita ( Made of 1 Katori Curd)



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

Height: 177 Cms

# Week 3 - Day 6

Mark tick/cross i

9:00 AM	1 Glass Milk Shake (+ Fruit, No Sugar)
11:30 AM	4 Dates (Eat Half At A Time, Chew Well)
2:00 PM	2 Stuffed Lauki Roti
	Kadi

5:30 PM 1 Katori Peanuts [boiled/ roasted]



Free Meal!!



Program Expiry 10-01-23



Name: Mayur

Age: 31 Yrs

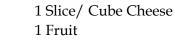
Height: 177 Cms

# Week 3 - Day 7

Mark tick/cross i

9:00 AM	1 stuffed roti [peas/ dal]
11:30 AM	4 Dates (Eat Half At A Time, Chew Well)
2:00 PM	2 Phulka
	Rajma Sabji

5:30 PM



8:30 PM

Soup/ Salad 3 Slices Pizza [paneer/chicken]



Program Expiry 10-01-23