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www.snehafafat.com

**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

11/24/2022

Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

#### Week 3 - Day 1

Mark tick/cross	in the box below time, mention anything extra you had and submit weekly.
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
11:30 AM	Pani Puri Water (only water)
2:00 PM	Salad
	2 Phulka
	Sabji
_	Palak Dal
6:00 PM	Roasted Makhana

10:30 PM	15g Coconut (grated or 1" x 1" Piece)

Salad (+ moth sprouts)

2 Phulkas Sabji

Mention total in day

Exercise
(in min)

Water
(in litres)

8:30 PM

Program Expiry 2-02-23

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









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Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

### **Week 3 -** Day 2 Mark tick/cross 8 Almonds (Eat One At A Time With Skin, Chew Well) 7:30 AM 1 Stuffed roti [cauliflower/ cabbage] 9:00 AM 11:30 AM 1 Glass Water + 1 tbsp chia seeds 2:00 PM Salad + curd 2 Phulka Sabji 6:00 PM 2 Rasgullas (Completely squeeze out syrup) 2 Missi Roti (methi/ coriander leaves + 50% besan) 8:30 PM Raita (1 Katori Curd + Veggies) 10:30 PM 1 Fruit Mention total in day Exercise (in min) Water

Program Expiry 2-02-23

(in litres)

- A) If need be diet plan days can be interchanged within a week.
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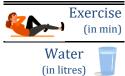


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Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

#### Week 3 - Day 3

Week	1 <del>2 4 5</del>
Mark tick/cross	i
7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:30 AM	Pani Puri Water (only water)
2:00 PM	2 Phulka
	Methi Matar Sabji
	1 Katori Thick Dal with Onions and Tomatoes
6:00 PM	2 Rasgullas (Completely squeeze out syrup)
8:30 PM	2 Millet Chilla (50% Besan+ 50% any millet flour)
	+ Dudhi
	Tomato Chutney
10:30 PM	15g Coconut (grated or 1" x 1" Piece)
ention total in day	<u>,                                     </u>
Exercise	



Program Expiry 2-02-23

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Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

#### **Week 3 -** Day 4

Mark tick/cross	i
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]
11:30 AM	1 Glass Water + 1 tbsp chia seeds
2:00 PM	2 Phulka
	Paneer with Mix Veg.
6:00 PM	Roasted Makhana
8:30 PM	Clear Vegetable Soup
	2 Katoris Oats Upma (+ mix veggies)
10:30 PM	15g Coconut (grated or 1" x 1" Piece)
ention total in day	
Exercise	
(in min)	
Water 🦷	-

Program Expiry 2-02-23

(in litres)

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Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

<u>week 3 -</u>	<u>Day 5</u>
Mark tick/cross	i
7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
11:30 AM	1 Glass Water + 1 tbsp chia seeds
2:00 PM	1 Katori Rajma +Veggies
	2 Phulka
	Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
6:00 PM	Roasted Makhana
8:30 PM	Pasta Salad
	1 katori Macroni + Saute Veggies
10:30 PM	1 Fruit
ention total in day	
Exercise (in min)	<del>-</del>
TAT 1	-



Program Expiry 2-02-23

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Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

#### Week 3 - Day 6

Mark tick/cross	i
7:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:00 AM	1 missi roti [methi/ corainder leaves + 50% besan/ ragi]
11:30 AM	Pani Puri Water (only water)
2:00 PM	2 Stuffed Roti (capsicum + paneer - 2 tsp)
	1 Katoris Curd with Onions and Tomatoes
6:00 PM	Roasted Makhana
8:30 PM	Free Meal!!
10:30 PM	15g Coconut (grated or 1" x 1" Piece)
ention total in day	
Exercise (in min)	



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Weight: 86.5 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

#### **Week 3 -** Day 7

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Mark tick/cross	i
7:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
9:00 AM	Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]
11:30 AM	1 Glass Water + 1 tbsp chia seeds
2:00 PM	Salad
	2 Phulka
	Chole
6:00 PM	2 Rasgullas (Completely squeeze out syrup)
8:30 PM	2 Moong dal chilla (+lauki)
	Green Chutney
10:30 PM	1 Fruit
ention total in day	
Exercise	
(in min)	
Water 🦳	_
(in litres)	

- Program Expiry 2-02-23
- A) If need be diet plan days can be interchanged within a week.
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