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Ex-Diet Consultant

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12/3/2022

Name: Gaurav Age: 35 Yrs Height: 170Cms Weight: 76.7 kg Week 3 - Day 1 Mark tick/cross in the box below time, mention anything extra you had and submit weekly. 8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also) 10:00 AM 2 besan chilla [+ cucumber/ lauki] 12:30 PM Pani Puri Water (only water) 2:30 PM Salad 2 Phulka Cababge Peas Sabji 6:00 PM Raita [1 Katori Curd + Veggies] 9:00 PM Mix Veg. Soup (Not Strained) 2 Katori Palak Khichadi 12:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well) Mention total in day Exercise (in min) Water

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

(in litres)









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Weight: 76.7 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

<u>Week 3 -</u>	Day 2
Mark tick/cross	i
8:00 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	1½ katoris upma [made of oats/ sevaiya + veggies]
12:30 PM	20g Raisin (Eat One At A Time, Chew Well)
2:30 PM	Salad 1 Katori Rice Chole
6:00 PM	Saute Peas with onion
9:00 PM	Saute veggies (Bell Peppers + Tomatoes + Cucumber + Zucchini) Grilled Chicken
12:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)

Mention total in day



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Weight: 76.7 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 3 - Day 3

Mark tick/cross	i
8:00 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
10:00 AM	2 Eggs + veggies
12:30 PM	Pani Puri Water (only water)
2:30 PM	2 Phulka Palak Paneer
6:00 PM	Saute Peas with onion
9:00 PM	2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions) Kadi
12:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
ention total in day	•
Exercise (in min)	
	•



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10:00 AM







Sneha Fafat

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Weight: 76.7 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 3 - Day 4 Mark tick/cross i 8:00 AM Boil Ginger, mint in water and add lemon.

1 veg. uttapam [+capsicums, tomatoes, onions]

12:30 PM	Pani Puri Water	(only water)
		()

sambhar/ green chutney

2:30 PM	1 Katori Rice
	Black Dal
	Salad

6:00 PM	Raita [1 Katori Curd + Veggies]	
9:00 PM	2-3 Idlis	

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

12:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
	,

Mention total in day Exercise (in min) Water (in litres)

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Weight: 76.7 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 3 - Day 5

Mark tick/cross	i
8:00 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
10:00 AM	1 stuffed roti [palak/ methi/ coriander]
12:30 PM	20g Raisin (Eat One At A Time, Chew Well)
2:30 PM	Salad of choice
	2 Phulkas
	Matar Paneer
6:00 PM	Saute Peas with onion
9:00 PM	Grilled Chicken
	Veggies
12:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
ntion total in day	
Exercise (in min)	
	•
Water (in litres)	

- Program Expiry 21-02-23
- A) If need be diet plan days can be interchanged within a week.
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Weight: 76.7 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 3 - Day 6

Mark tick/cross	i
8:00 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	2 Eggs + veggies
12:30 PM	20g Raisin (Eat One At A Time, Chew Well)
2:30 PM	Fresh Methi Salad
	2 Phulka
	Sabji
6:00 PM	Raita [1 Katori Curd + Veggies]
9:00 PM	Free Meal!!
12:30 AM	8 Almonds (Eat One At A Time With Skin, Chew Well)
ntion total in day	
Exercise	
(in min)	
Water =	•
(in litres)	

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









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Weight: 76.7 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

<u>Week 3 -</u>	<u>Day 7</u>
Mark tick/cross	i
8:00 AM	Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)
10:00 AM	1 methi thepla
12:30 PM	Pani Puri Water (only water)
2:30 PM	2 Stuffed Lauki Roti Kadi
6:00 PM	Raita [1 Katori Curd + Veggies]
9:00 PM	2 Katoris Khichadi
	with lots of veggies and tadka + 1 tsp ghee (from top)
12:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
Exercise (in min)	
Water 📄	-

Program Expiry 21-02-23

(in litres)

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