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Ex-Diet Consultant

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 $\underline{\textbf{Member}}\text{: } \textbf{Canadian Nutrition society, European Society for Clinical Nutrition \& Metabolism,}$

Indian Dietetic Association, International confederation of Dietetic Associations,

Asian Federation of Dietetic Associations, Orange City Runners

12/3/2022

Weight: 84.9 kg	Name: Brajesh	Age: 35 Yrs	Height: 170 Cms
<u>Week 4 -</u>	<u>Day 1</u>		
Mark tick/cross	in the box below time, mention any	thing extra you had and	d submit weekly.
7:30 AM	1 Tsp Methi Seeds (soaked)		
10:00 AM	2 Katoris Khichadi with lots of veggies and tadk + 1 tsp ghee (from top)	a	
2:00 PM	1 Dryfruit laddu (Walnuts + 1 No sugar/ jaggery to be adde		ds + Dates + Anjeer)
6:00 PM	1 Slice/ Cube Cheese 1 Fruit		
8:30 PM	2 Stuffed Roti (capsicum + pa 1 Katoris Curd with Onions a	- '	
10:30 PM	1 Glass Milk		
Mention 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.

Program Expiry 2-02-23









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Weight: 84.9 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

<u>Week 4 -</u>	Day 2
Mark tick/cross	i
7:30 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	2 Phulka Methi Matar Malai (1 tsp Cream only)
2:00 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]
6:00 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
8:30 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies) 1 Phulka Sabji
10:30 PM	3 tsp black til seeds
ention total in day	_
Exercise (in min)	
Water (in litres)	-

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Name: Brajesh Age: 35 Yrs Height: 170 Cms Weight: 84.9 kg **Week 4 -** Day 3 Mark tick/cross 7:30 AM 1 Tsp Methi Seeds (soaked) 10:00 AM 2 Missi Roti (methi/ coriander leaves + 50% besan) Raita (1 Katori Curd + Veggies) 2:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added 6:00 PM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 8:30 PM Salad 1 Millet roti Sabji Dal 10:30 PM 1 Glass Milk Mention total in day Exercise (in min) Water

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(in litres)

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Weight: 84.9 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

Week 4 -	Day 4
Mark tick/cross	
7:30 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
2:00 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]
6:00 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	2 Stuffed Lauki Roti Kadi
10:30 PM	3 tsp black til seeds
ention total in day	
Exercise (in min)	
Water (in litres)	

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Weight: 84.9 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

<u>Week 4 -</u>	Day 5
Mark tick/cross	i
7:30 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	2 Phulka
	Cabbage And Peas Sabji
2:00 PM	Hot Chocolate (Home Made)
	[Milk + 1 tbsp Chocolate syrup]
6:00 PM	1 Slice/ Cube Cheese
	1 Fruit
8:30 PM	salad of choice
	2 Phulkas Corn Palak Sabji
10:30 PM	3 tsp black til seeds
ention total in day	
Exercise (in min)	
Water 📻	

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(in litres)

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Weight: 84.9 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

-	
<u>Week 4 -</u>	Day 6
Mark tick/cross	i
7:30 AM	1 Tsp Methi Seeds (soaked)
10:00 AM	Salad (+ 1 Katori Sprouts) 2 Phulka Sabji
2:00 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
6:00 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	Free Meal!!
10:30 PM	1 Glass Milk
ention total in day	
Exercise (in min)	
Water (in litres)	

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Name: Brajesh Age: 35 Yrs Height: 170 Cms Weight: 84.9 kg **Week 4 -** Day 7 Mark tick/cross 7:30 AM 1 Tsp Methi Seeds (soaked) 10:00 AM Salad 1 Millet roti Sabji Dal 2:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added 6:00 PM 1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

10:30 PM 1 Glass Milk

Saute veggies

1 Katori Noodles (Boiled) 4-5 Pcs saute Paneer

Mention total in day

8:30 PM



(in litres)

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