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Ex-Diet Consultant

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12/12/2022

Weight: 84 kg	Name: Brajesh	Age: 35 Yrs	Height: 170 Cms
<u>Week 5 -</u>	<u>Day 1</u>		
Mark tick/cross	in the box below time, mention	anything extra you had ar	nd submit weekly.
7:30 AM	10 Pistachionuts (Eat One	At A Time, Chew We	:11)
10:00 AM	Salad 1 Millet roti [jowar/ makk Sabji Palak Dal	a/ bajra/ ragi]	
2:00 PM	Saute Peas with onion		
6:00 PM	1 Katori Peanuts [boiled/	roasted]	
8:30 PM	1 Katori Rice Dal Salad + Sprouts		
10:30 PM	1 Fruit		
ention 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: 84 kg	Name: Brajesh	Age: 35 Yrs	Height: 170 Cms
Week 5 -	Day 2		
Mark tick/cross	i		
7:30 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)		
10:00 AM	Salad 2 Phulka Paneer Sabji		
2:00 PM	Murmura (+ 1 Tbsp Peanuts +	- Veggies + Green Chu	ıtney)
6:00 PM	Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syru	p]	
8:30 PM	2 Pav [medium size] Bhaji [no Butter]		
10:30 PM	8 Pcs. Walnuts (Eat One At A	Time, Chew Well)	
ention total in day			
Exercise (in min)			
Water (in litres)	•		

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- B) Refer General Guidelines.









Height: 170 Cms

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Name: Brajesh Age: 35 Yrs Weight: 84 kg **Week 5 -** Day 3 Mark tick/cross 10 Pistachionuts (Eat One At A Time, Chew Well) 7:30 AM 10:00 AM Salad 1 Phulka Gobi ki Sabji Dal 2:00 PM Saute Peas with onion 2 Rasgullas (Completely squeeze out syrup) 6:00 PM 8:30 PM salad 2 Phulkas Corn Palak Sabji 10:30 PM 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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Name: Brajesh Age: 35 Yrs Height: 170 Cms Weight: 84 kg **Week 5 -** Day 4 Mark tick/cross 5 Apricot (Dried) (Eat One At A Time, Chew Well) 7:30 AM 2 Palak roti 10:00 AM Kadi 2:00 PM Saute Peas with onion 1 Katori Peanuts [boiled/ roasted] 6:00 PM 100g Grilled Paneer 8:30 PM Saute veggies 10:30 PM 1 Fruit Mention total in day Exercise (in min) Water

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(in litres)









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Weight: 84 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

<u>Week 5 -</u>	<u>Day 5</u>
Mark tick/cross	i
7:30 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
10:00 AM	Salad 1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
2:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
6:00 PM	2 Rasgullas (Completely squeeze out syrup)
8:30 PM	1 Katori Rice Dal Salad + Sprouts
10:30 PM	1 Fruit
Exercise (in min)	
Water (in litres)	

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









Height: 170 Cms

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Name: Brajesh Age: 35 Yrs Weight: 84 kg **Week 5 -** Day 6 Mark tick/cross 7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well) 10:00 AM Fresh Methi Salad + Sprouts 2 Phulka Sabji 2:00 PM Saute Peas with onion 6:00 PM Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup] 8:30 PM Free Meal!! 10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well) 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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Weight: 84 kg Name: Brajesh Age: 35 Yrs Height: 170 Cms

#### **Week 5 -** Day 7 Mark tick/cross i 7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well) 10:00 AM 2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top) 2:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney) 6:00 PM 2 Rasgullas (Completely squeeze out syrup) 8:30 PM Baked/ Saute Vegetable In White Sauce (1 Katori White Sauce + herbs, 1 Cube Cheese) 10:30 PM 1 Fruit Mention total in day Exercise (in min) Water (in litres)

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- B) Refer General Guidelines.