Sneha Fafat
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 Ex-Diet Consultant

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26-12-22

Weight: 77 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

<u>Week 7 -</u> Day 1

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

8:00 AM	3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
10:00 AM	1 stuffed roti [Gobi/ cucumber]
12:30 PM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:30 PM	2 Phulka
	Cabbage And Peas Sabji
6:00 PM	1 Slice/ Cube Cheese 1 Fruit
9:00 PM	Salad (Carrot + Radish +Other Veggies) 1 Stuffed Lauki Roti



Kadi

Program Expiry 21-02-23





Week 7 - Day 2

Mark tick/cross i

8:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
10:00 AM	2 Eggs + veggies
12:30 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:30 PM	Salad + Sprouts
	2 Phulka Sabji
6:00 PM	1 Katori Peanuts [boiled/ roasted]
9:00 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi]

Sabji Dal/ Kadi



Program Expiry 21-02-23



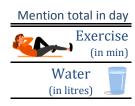
Weight: 77 kg Name: Gaurav Age: 35 Yrs Height: 170Cms

Week 7 - Day 3

Mark tick/cross i

8:00 AM	3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
10:00 AM	4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)
12:30 PM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:30 PM	Salad
	1 Katori Rice
	Dal + Tomato Onion
6:00 PM	1 Katori Peanuts [boiled/ roasted]

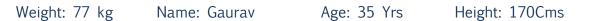
Grilled Chicken Veggies



9:00 PM

Program Expiry 21-02-23





Week 7 - Day 4

Mark tick/cross i

8:00 AM	3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
10:00 AM	2 Eggs + veggies
12:30 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:30 PM	2 Phulka
	Methi Matar Sabji
6:00 PM	1 Slice/ Cube Cheese
	1 Fruit
9:00 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
	1 Phulka



Sabji

Program Expiry 21-02-23



170Cms

Weight: 77 kg	Name: Gaurav	Age: 35 Yrs	Height:
Weight, // Kg	Name. Jaarav	Ngc. 33 113	i loigitt.

Week 7 - Day 5

Mark tick/cross i

8:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
10:00 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
12:30 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
2:30 PM	1 Katori Curd + 1 Katori Rajma +Veggies
	1 Phulka
	Green Leafy Vegetable (Cabbage/Methi/Sarson etc)
6:00 PM	1 Katori Peanuts [boiled/ roasted]
9:00 PM	Salad (1 Katori Corn + Cheese + 2 Katoris Other Veggies)

1 Garlic Bread/ 4-5 baked Tortilla Chips



Program Expiry 21-02-23



Week 7 - Day 6

Mark tick/cross i

8:00 AM	10 Pistachionuts (Eat One At A Time, Chew Well)
10:00 AM	1 Onion roti/ thalipith
12:30 PM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:30 PM	Salad
	1 Millet roti [jowar/ makka/ bajra/ ragi] Sabji Dal/ Kadi
6:00 PM	1 Katori Peanuts [boiled/ roasted]
9:00 PM	Free Meal!!



Program Expiry 21-02-23



Weight: 77 kg	Name: Gaurav	Age

Age: 35 Yrs

Height: 170Cms

Week 7 - Day 7

Mark tick/cross i

8:00 AM	3 tsp Mix Seeds (Sunflower, pumpkin, watermelon, flax)
10:00 AM	1 Dosa
	Chutney
12:30 PM	8 Almonds (Eat One At A Time With Skin, Chew Well)
2:30 PM	2 Stuffed Roti (capsicum + paneer - 2 tsp)
	1 Katoris Curd with Onions and Tomatoes
6:00 PM	1 Slice/ Cube Cheese
	1 Fruit
9:00 PM	2-3 Idlis
	2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin)

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

Chutney

Program Expiry 21-02-23