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Indian Dietetic Association, International confederation of Dietetic Associations, Asian Federation of Dietetic Associations, Orange City Runners

27-12-22

## <u>Week 5 - Day 1</u>

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

| 8 Almonds (Eat One At A Time With Skin, Chew Well) |
|--|
|  |
| 1 stuffed roti [Gobi/ cucumber]                    |
|  |
| 2 Phulka   |
| Cabbage And Peas Sabji                             |
|  |
|  |

| 4:3 | 30 | PM |  |
|-----|----|----|--|
|     |    |    |  |

Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]

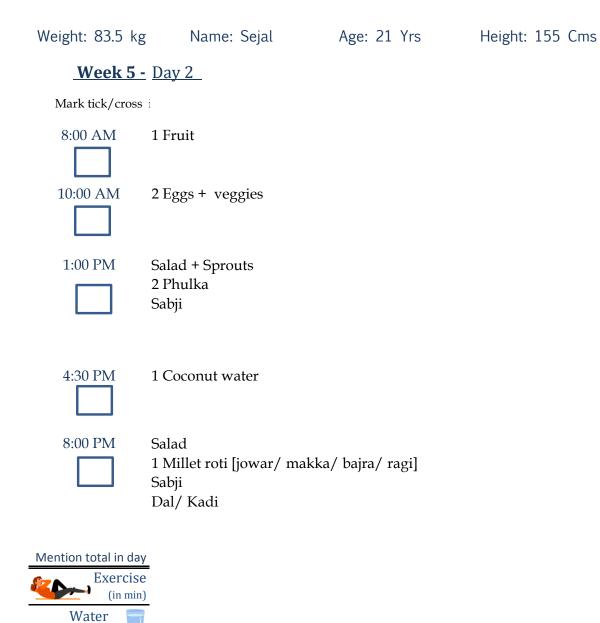
8:00 PM

Salad (Carrot + Radish + Other Veggies) 1 Stuffed Lauki Roti Kadi



**Program Expiry** 21-02-23





Program Expiry 21-02-23

(in litres)



Age: 21 Yrs

## 27-12-22

Height: 155 Cms

| Week 5          | <u>- Day 3</u>                                      |
|-----------------|---|
| Mark tick/cross | i   |
| 8:00 AM         | 8 Almonds (Eat One At A Time With Skin, Chew Well)  |
| 10.00 AM        | 4 Pcs Dhokla (Carnish With Grated Carrot And Corian |

Name: Sejal



Weight: 83.5 kg

4 Pcs. Dhokla (Garnish With Grated Carrot And Coriander)



Salad 1 Katori Rice Dal + Tomato Onion



Hot Chocolate (Home Made) [Milk + 1 tbsp Chocolate syrup]

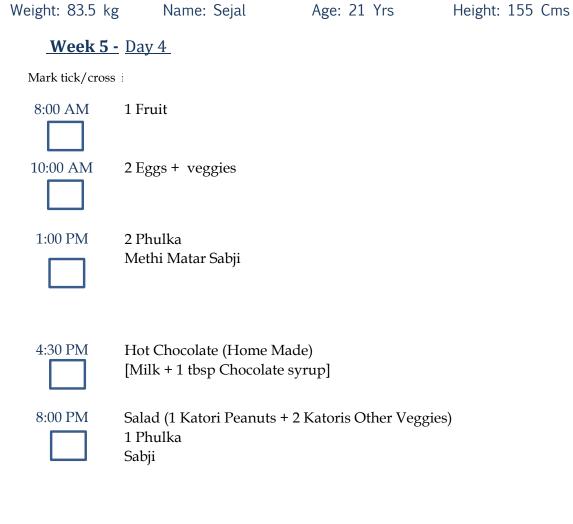


3 Eggs + Saute Veggies 1/2 Katori Rice



Program Expiry 21-02-23







Program Expiry 21-02-23



Weight: 83.5 kg N

Name: Sejal

Age: 21 Yrs

Height: 155 Cms

# Week 5 - Day 5

Mark tick/cross i

| 8:00 AM  | 1 Fruit  |
|----------|--|
|          |  |
| 10:00 AM | 1 Katori Boiled Chana                                    |
|          | [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] |
| 1:00 PM  | 1 Katori Curd + 1 Katori Rajma +Veggies                  |
|          | 1 Phulka   |
|          | Green Leafy Vegetable (Cabbage/Methi/Sarson etc)         |
|          |  |
| 4:30 PM  | 1 Coconut water  |



| 8:( | )0 | PM | I |
|-----|----|----|---|
|     |    |    |   |

Salad (1 Katori Corn + Cheese + 2 Katoris Other Veggies) 1 Garlic Bread/ 4-5 baked Tortilla Chips



Program Expiry 21-02-23



| Weight: 83.5 kg      | , Name: Sejal                        | Age: 21 Yrs         | Height: 155 Cms |
|----------------------|--------------------------------------|---------------------|-----------------|
| <u>Week 5 -</u>      | <u>Day 6</u>                         |                     |                 |
| Mark tick/cross      | i                                    |                     |                 |
| 8:00 AM              | 8 Almonds (Eat One At A T            | ïme With Skin, Chew | Well)           |
| 10:00 AM             | 1 Onion roti/ thalipith              |                     |                 |
| 1:00 PM              | Salad                                |                     |                 |
|                      | 1 Millet roti [jowar/ makka<br>Sabji | / bajra/ ragi]      |                 |
|                      | Dal/ Kadi                            |                     |                 |
| 4:30 PM              | Hot Chocolate (Home Made             | e)                  |                 |
|                      | [Milk + 1 tbsp Chocolate sy          | rup]                |                 |
| 8:00 PM              | Free Meal!!                          |                     |                 |
|                      |                                      |                     |                 |
|                      |                                      |                     |                 |
| Mention total in day |                                      |                     |                 |



Program Expiry 21-02-23



| Weight: 83.5 kg | g Name: Sejal                                      | Age: 21 Yrs          | Height: 155 Cms |  |  |
|-----------------|--|----------------------|-----------------|--|--|
| Week 5 -        | Week 5 - Day 7                                     |                      |                 |  |  |
| Mark tick/cross | i  |                      |                 |  |  |
| 8:00 AM         | 8 Almonds (Eat One At                              | A Time With Skin, Ch | ew Well)        |  |  |
| 10:00 AM        | 2 Eggs + veggies                                   |                      |                 |  |  |
| 1:00 PM         | 2 Stuffed Roti (capsicun<br>1 Katoris Curd with On |                      |                 |  |  |
| 4:30 PM         | 1 Coconut water                                    |                      |                 |  |  |
| 8:00 PM         | Grilled Chicken<br>Veggies                         |                      |                 |  |  |



Program Expiry 21-02-23