Sneha Fafat www.snehafafat.com

Registered Dietician #63/08 +91 9890601345 Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

<u>Member</u>: 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

1/22/2023

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

Week 10 - Day 1

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

8:00 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	2 Eggs + veggies
12:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:30 PM	Salad + 2 tsp seeds (til seeds/ melon seeds/flax seeds) 2 Phulka Sabji
6:00 PM	Saute Peas with onion
9:00 PM	Palak Soup 1 Bread toast



Program Expiry 21-02-23



Age: 35 Yrs

Height: 170Cms

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Week 10	<u>- Day 2</u>
Mark tick/cross	s i
8:00 AM	1 Tsp Sauf [chew well]
10:00 AM	1 missi roti [methi/ corainder leaves + 50% besan/ ragi]
12:30 PM	1 Fruit
2:30 PM	Salad
	2 Phulka
	Gobi matar sabji
6:00 PM	Saute Peas with onion
9:00 PM	2 Moong dal chilla (+lauki)

Green Chutney

Name: Gaurav



Weight: 77 kg



Weight: 77 kg	g	Name: Gaurav	Age: 35 Yrs	Height: 170Cms
Week 10	<u>- Day 3</u>			
Mark tick/cross	s i			
8:00 AM	1 Tsp Sau	f [chew well]		
10:00 AM	1 ½ Kator	i Sprouts [+ Veggies	s; Raw or half co	ooked]
12:30 PM	5 Cashew	nuts (Eat One At A	Time, Chew We	ell)
2:30 PM	Salad 1 Millet ro Sabji kadi	oti		
6:00 PM	•	t laddu (Walnuts + A / jaggery to be adde		Geeds + Dates + Anjeer)
9:00 PM	+ Saute V	Boiled Rajma Veggies ssing with herbs		



Program Expiry 21-02-23



Weight: 77 kg	Name: Gaurav	Age: 35 Yrs	Height: 170Cms
<u>Week 10 -</u>	Day 4		
Mark tick/cross	i		
8:00 AM	Boil Ginger, mint in water and	d add lemon.	
10:00 AM	1 Onion roti/ thalipith		
12:30 PM	5 Cashewnuts (Eat One At A	Time, Chew We	11)
2:30 PM	Radish and Cucumber Salad		
	1.5 Katori Rice		
	1 Katori Rajma		
6:00 PM	Saute Peas with onion		
9:00 PM	1 Katori Boiled Noodles + Sau	ite veggies (can a	also have like a soup)





Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)

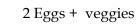
Height: 170Cms

Week 10 - Day 5

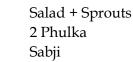
Mark tick/cross i

8:	00 AI	M
10	:00 A	Μ
12	:30 PI	М
2:	30 PN	Л

Boil Ginger, mint in water and add lemon.



1 Fruit



6:00 PM 9:00 PM

Grilled Chicken Saute veggies

No sugar/ jaggery to be added



Program Expiry 21-02-23



Weight: 77 kg	Name: Gaurav	Age: 35 Yrs	Height: 170Cms
<u>Week 10 -</u>	<u>Day 6</u>		
Mark tick/cross	i		
8:00 AM	1 Tsp Sauf [chew well]		
10:00 AM	1 Chilla [oats + besan + onion	1 + coriander + v	eggies]
12:30 PM	1 Fruit		
2:30 PM	2 Katori Palak Khichadi		
	1 Dryfruit laddu (Walnuts + A No sugar/ jaggery to be adde		eeds + Dates + Anjeer)
9:00 PM	Free Meal!!		
Montion total in day			
Mention total in day Exercise			



Program Expiry 21-02-23



Weight: 77 kg

Name: Gaurav

Age: 35 Yrs

Height: 170Cms

Week 10 - Day 7

Mark tick/cross i

8:00 AM	Boil Ginger, mint in water and add lemon.
10:00 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
12:30 PM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:30 PM	Salad + handful of Peanuts
	1/2 Katori Rice + Rajma/Dal
6.00 PM	Saute Peas with onion



Saute Peas with onion



2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



21-02-23