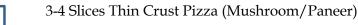
Sneha Fafat	www.snehafafat.com	Ex-Diet Consultant	<u>.</u>
Registered Dietician #63/08 +91 9890601345		Lilavati Hospital, Mumbai Bombay Hospital, Mumba	
Indian Dietetic A	20 I 2	or Clinical Nutrition & Metabolism, eration of Dietetic Associations, ge City Runners	4/15/2023

Weight: 120.4kg	Name: Varun	Age: 28 Yrs	Height: 178 Cms
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### Week 6 - Day 1

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

8:00 AM	8 Almonds (Eat One At A Time, Chew Well)
9:30 AM	1½ katoris poha [+ beans, carrot, capsicum, peas etc.]
11:30 AM	Dal Water
2:00 PM	Salad 2 Phulka Sabji Dal
5:30 PM	1 Fruit + 1 tbsp Peanut Butter/Handful of peanuts
8:30 PM	Soup





Program Expiry 21-06-23



Name: Varun

Age: 28 Yrs

Height: 178 Cms

## Week 6 - Day 2

Mark tick/cross i

8:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
9:30 AM	1 veg. uttapam [+capsicums, tomatoes, onions] sambhar/ green chutney
11:30 AM	Buttermilk
2:00 PM	1.5 Katori Rice
	Chicken
5:30 PM	30g Coconut (grated or 2" x 2" Piece) Coconut Water



Coconut Water



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



Program Expiry 21-06-23



Name: Varun

Age: 28 Yrs

Height: 178 Cms

# Week 6 - Day 3

Mark tick/cross i

8:00 AM	8 Almonds (Eat One At A Time, Chew Well)
9:30 AM	2 Eggs + Veggies
11:30 AM	Buttermilk
2:00 PM	2 Phulkas
	Gobi Matar
5:30 PM	1 Fruit
	+ 1 tbsp Peanut Butter/Handful of peanuts

8:30 PM

Saute Veggies 1 Katori Hummus 2 Falafel Grilled [Can have wrapped in a lettuce]



Program Expiry 21-06-23



Name: Varun

Age: 28 Yrs

Height: 178 Cms

## Week 6 - Day 4

Mark tick/cross i

8:00 AM	4 Anjir (Eat Half At A Time, Chew Well)
9:30 AM	1 Katori Boiled Chana
	[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
11:30 AM	Dal Water
2:00 PM	2 Stuffed Roti (capsicum + paneer - 2 tsp)
	1 Katoris Curd with Onions and Tomatoes
5:30 PM	1 Fruit + 1 then Poanut Butter/Handful of poanuts

+ 1 tbsp Peanut Butter/Handful of peanuts



Baked/ Saute Vegetable In White Sauce (1 Katori White Sauce + herbs, 1 Cube Cheese)



Program Expiry 21-06-23



Name: Varun

Age: 28 Yrs

Height: 178 Cms

### Week 6 - Day 5

Mark tick/cross i

8:00	) AM
L	
9:30	) AM
L	
11:3	0 AM
L	
2:00	) PM

Veggies In Tomato Basil Sauce 1 Bread

4 Anjir (Eat Half At A Time, Chew Well)

----

Buttermilk

2 Katori Palak Khichadi Kadi

5:30 PM

30g Coconut (grated or 2" x 2" Piece) Coconut Water



Grilled Chicken Saute veggies



Program Expiry 21-06-23



Name: Varun

Age: 28 Yrs

Height: 178 Cms

# Week 6 - Day 6

Mark tick/cross i

8:00 AM	8 Almonds (Eat One At A Time, Chew Well)
9:30 AM	1 Stuffed roti [cauliflower/ cabbage]
11:30 AM	Buttermilk
2:00 PM	Salad
	Sandwich [2 Bread + Veggies + 1 Slice Cheese]
5:30 PM	30g Coconut (grated or 2" x 2" Piece)
	Coconut Water
8:30 PM	Free Meal!!



Program Expiry 21-06-23



Name: Varun

4 Anjir (Eat Half At A Time, Chew Well)

Age: 28 Yrs

Height: 178 Cms

### Week 6 - Day 7

Mark tick/cross i

8:00 AM	
9:30 AM	
11:30 AM	

Dal Water

2 Eggs + Veggies



Salad 2 Phulka

Sabji Buttermilk



1 Fruit

+ 1 tbsp Peanut Butter/Handful of peanuts



Salad 1 Millet roti Sabji Dal



Program Expiry 21-06-23