Sneha Fafat www.snehafafat.com

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<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

17-05-23

Weight: 83 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

Week 1 - Day 1

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

8:30 AM	20g Raisins (Eat One At A Time, Chew Well)
10:30 AM	1 Multi Grain Bread + 2 Eggs
1:30 PM	Salad 1.5 katori Rice Palak Dal
4:30 PM	Roasted Makhana
7:30 PM	2 Katori Khichadi with Veggies
10:30 PM	1 Glass Milk
ntion total in day	



Program Expiry 11-08-23



Name: Sandeep Weight: 83 kg Age: 42 Yrs

Height: 178 Cms

Week 1 - Day 2

Mark tick/cross i

8:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
10:30 AM	1 Multi Grain Bread + 2 Eggs
1:30 PM	Salad
	1.5 Katori Rice Paneer with Mix Veggies
4:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeed

Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added



1 Katori Rice Fish Saute veggies



1 Glass Water + 1 tbsp chia seeds + rose essence [optional]



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Weight: 83 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

<u>Week 1 -</u> Day 3

Mark tick/cross i

8:30 AM	20g Raisins (Eat One At A Time, Chew Well)
10:30 AM	1 Katori Upma [+ Veggies]
	2 Eggs
1:30 PM	2 Phulka
	Cabbage Peas Sabji Dal
	Dai
4:30 PM	Roasted Makhana
7:30 PM	Free Meal!
10:30 PM	Nil
Mention total in day	
Exercise (in min)	-
Water (in litres)	_
Program Expiry 11-08-23	





Height: 178 Cms

Week 1 - Day 4

Mark tick/cross i

8: <u>30 AM</u>	5 Cashewnuts (Eat One At A Time, Chew Well)
10:30 AM	1 Multi Grain Bread + 2 Eggs
1:30 PM	Salad
	1.5 katori Rice



1.5 katori Rice



1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

1 Katori Boiled Noodles + Saute veggies (can also have like a soup)



1 Glass Milk



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Age: 42 Yrs

Height: 178 Cms

Week 1 - Day 5

Mark tick/cross i

8:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
10:30 AM	1 Multi Grain Bread + 2 Eggs
1:30 PM	1.5 Katori Rice
	Sambar [with lots of veggies]



1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

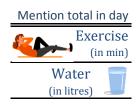
Veg. Pasta

1 Katori Boiled Pasta

- + lot of Veggies/ vegetable gravy Of Choice,
- + 1 Cube Cheese



1 Glass Water + 1 tbsp chia seeds + rose essence [optional]



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Age: 42 Yrs

Height: 178 Cms

<u>Week 1 -</u> Day 6

Mark tick/cross i

8:30 AM	20g Raisins (Eat One At A Time, Chew Well)
10:30 AM	1 katori poha [+ beans, carrot, onion, peas etc.] 2 Eggs
1:30 PM	1 Katori Rice (herbed) + Saute veggies/ Raw veggies '+ Grilled Chicken
4:30 PM	Roasted Makhana

4:30 PM 7:30 PM

Salad

1.5 katori Rice Onion Tomato Lauki Dal



1 Glass Milk



Program Expiry 11-08-23





Height: 178 Cms

Week 1 - Day 7

Mark tick/cross i

8:30 AM	20g Raisins (Eat One At A Time, Chew Well)
10:30 AM	1 veg. uttapam [+ tomatoes, onions]
1:30 PM	sambhar/chutney 1 Egg 2-3 Idlis 2 bowls Sambar (Add Gourd Veggies - Dudhi/Turia/Pumpkin) Chutney



Roasted Makhana

1 Katori Spaghetti Tomato Basil Sauce (or any vegetable gravy) Saute veggies



1 Glass Water + 1 tbsp chia seeds + rose essence [optional]



Program Expiry 11-08-23