Sneha Fafat www.snehafafat.com

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

22-05-23

Weight: 119.5kg	Name: Varun	Age: 28 Yrs	Height: 178 Cms
		0	

#### <u>Week 10 - Day 1</u>

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

9:30 AM	1 Mutigrain Bread + 1 Glass Milk
11:30 AM	5 Cashewnuts (Eat One At A Time, Chew Well)
2:00 PM	Salad
	2 Phulka
	Sabji
5:30 PM	Roasted Makhana
8:30 PM	Salad
	2 Katoris Vegetable Briyani



Program Expiry 21-06-23



Weight: 119.5kg Name: Varun

'arun

Age: 28 Yrs

Height: 178 Cms

### Week 10 - Day 2

Mark tick/cross i

9:30 AM	2 Eggs +Veggies
11:30 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
2:00 PM	Salad
	2 Phulka
	Sabji
	dal
5:30 PM	Pop-corn
8:30 PM	2 Katori Palak Khichadi
	Curd



Program Expiry 21-06-23



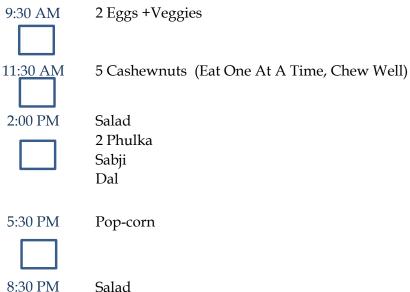
Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

# Week 10 - Day 3

Mark tick/cross i



Salad 1 Katori Rice Dal



Program Expiry 21-06-23



Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

### Week 10 - Day 4

Mark tick/cross i

9:3	30 AM
11:	30 AM
2:	00 PM

1 Mutigrain Bread + 1 Glass Milk

5 Apricot (Dried) (Eat One At A Time, Chew Well)



2 Phulka Paneer Sabji Salad



Roasted Makhana



Salad 1 Katori Rice Chicken



Program Expiry 21-06-23



Weight: 119.5kg Name: Varun

Age: 28 Yrs

Height: 178 Cms

## Week 10 - Day 5

Mark tick/cross i



5 Apricot (Dried) (Eat One At A Time, Chew Well)

PM Salad 2 Phulka Chicken

5:30 PM

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Roasted Makhana

2 Eggs +Veggies

8:30	PM

1 Katori Rice Chole Salad



Program Expiry 21-06-23



Weight: 119.5kg Name: Varun

Age: 28 Yrs

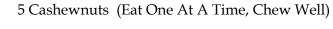
Height: 178 Cms

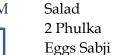
## Week 10 - Day 6

Mark tick/cross i

9:3	30 AN	1
11:	30 AN	Л
2:	00 PM	I

1 Mutigrain Bread + 1 Glass Milk





Pop-corn 5:30 PM

8:30 PM

Free Meal!!



Program Expiry 21-06-23



Weight: 119.5kg Name: Varun

Ag

Age: 28 Yrs

Height: 178 Cms

# Week 10 - Day 7

Mark tick/cross i

9:3	30 AM
11:	<u>30 AM</u>
2:	00 PM

5 Cashewnuts (Eat One At A Time, Chew Well)

1 Mutigrain Bread + 1 Glass Milk

Salad 2 Phulka Sabji Dal

5:30 PM Roasted Makhana



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Grilled Chicken Saute veggies



Program Expiry 21-06-23