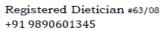
Sneha Fafat www.snehafafat.com



<u>Ex-Diet Consultant</u> Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

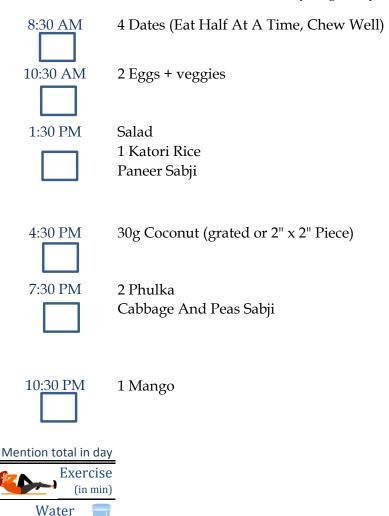
<u>Member</u>: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism, Indian Dietetic Association, International confederation of Dietetic Associations, Asian Federation of Dietetic Associations, Orange City Runners

26-05-23

Weight: 81.5 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

Week 2 - Day 1

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



Program Expiry 11-08-23

(in litres)



Weight: 81.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 2 - Day 2

Mark tick/cross i

8:30 AM	1 Coconut water
10:30 AM	1 ¹ / ₂ Katori poha [+ beans, carrot, capsicum, peas etc.]
	1 Egg
1:30 PM	Steamed/ Grilled Veggies
	2 katoris Curd Rice

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

4:30 PM 7:30 PM

Salad 1 Katori Rice Black Dal



30-40g Cheese [Any] 1 Fruit



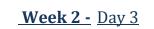
Program Expiry 11-08-23



Age: 42 Yrs

26-05-23

Height: 178 Cms



Name: Sandeep

Mark tick/cross i

Weight: 81.5 kg

8:30 AM	1 Coconut water
10:30 AM	1 Missi roti [methi/ corainder leaves + 50% besan/ ragi]
1:30 PM	Salad 1 Katori Rice Sabji Dal
4:30 PM	Murmura + ½ Katori Roasted Chana
7:30 PM	Saute Veggies
	1 Katori Hummus
	2 Falafel Grilled [Can have wrapped in a lettuce]
10:30 PM	1 Mango



Program Expiry 11-08-23



Weight: 81.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 2 - Day 4

Mark tick/cross i

8:	30 AM
10:	30 AM
1:	30 PM

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

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

Salad 1 Katori Rice Chole

4:30 PM 7:30 PM

Salad 1 Katori Rice Cucumber Raita

2 Eggs + veggies



30-40g Cheese 1 Fruit



Program Expiry 11-08-23



Weight: 81.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 2 - Day 5

Mark tick/cross i

8:30 AM	4 Dates (Eat Half At A Time, Chew Well)
10:30 AM	1 Katori Sprouts [+ Veggies; Raw or half cooked]
	1 Egg
1:30 PM	Salad (1 Katori Peanuts + 2 Katoris Other Veggies)
	2 Katori Veg Pulav



Murmura + 1/2 Katori Roasted Chana

Grilled Chicken Saute veggies



1 Mango



Program Expiry 11-08-23



Weight: 81.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

<u>Week 2 -</u> Day 6

Mark tick/cross i

8:30 AM	1 Coconut water
10:30 AM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
1:30 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)
4:30 PM	30g Coconut (grated or 2" x 2" Piece)
7:30 PM	Free Meal!
10:30 PM	Nil
ention total in day	
Exercise (in min)	
Water (in litres)	

Program Expiry 11-08-23

Me



Weight: 81.5 kg Name: Sandeep Age: 42 Yrs H

Murmura + 1/2 Katori Roasted Chana

Height: 178 Cms

Week 2 - Day 7

Mark tick/cross i

4 Dates (Eat Half At A Time, Chew Well)
2 Eggs + veggies
1 Katori Rice
Sambar (Add Any Gourd Vegetable Like Dudhi/Turia/Pumpkin)



2 Dosa Mix sabji with aloo Sambar chutney



30-40g Cheese 1 Fruit



Program Expiry 11-08-23