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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

03-06-23

Weight: 80.5 kg Name: Sandeep Age: 42 Yrs Height: 178 Cms

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

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

8:30 AM	4 Dates (Eat Half At A Time, Chew Well)
10:30 AM	1½ katoris upma [made of oats/ sevaiya + veggies] 1 Egg
1:30 PM	Salad
	1 Katori Rice Sabji Buttermilk
4:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
7:30 PM	1/2 katori Rice + Saute veggies/ Raw veggies '+ Chicken/ Cheese '+ 5-6 Almonds
10:30 PM	Fruit Smoothie / Bowl Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds



Program Expiry 11-08-23



Weight: 80.5 kg Name: Sandeep

1 Coconut water

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 2

Mark tick/cross i



1¹/₂ katoris poha [+ beans, carrot, capsicum, peas etc.] 1 Egg Salad 1 Katori Rice Palak Dal

1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]



1 Katori Boiled Noodles + Saute veggies

(can also have like a soup)



2 Rasgullas (Completely squeeze out syrup)



Program Expiry 11-08-23



Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 3

Mark tick/cross i



1 Coconut water

1 Bread 1 Egg + veggies



Salad 1 katori Rice



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

Salad 2 Stuffed Roti [Palak/ Methi] Kadi



Fruit Smoothie / Bowl Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds



Program Expiry 11-08-23



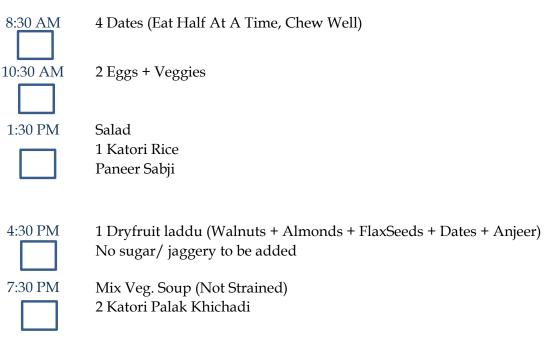
Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 4

Mark tick/cross i





2 Rasgullas (Completely squeeze out syrup)



Program Expiry 11-08-23



Weight: 80.5 kg Name: Sandeep Age:

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 5

Mark tick/cross i

8:30 AM	4 Dates (Eat Half At A Time, Chew Well)
10:30 AM	2 Eggs + Veggies
1:30 PM	1 Katori Rice
	Thai green Curry
4:30 PM	1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]
7:30 PM	2 Moong dal chilla (+ lauki/Cucumber) onion tomato chutney



2 Rasgullas (Completely squeeze out syrup)



Program Expiry 11-08-23



Name: Sandeep Weight: 80.5 kg

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 6

Mark tick/cross i



1 Bread 1 Egg + veggies 1 Katori Rice

Cucumber Raita

1 Coconut water

4:30 PM 7:30 PM

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

Free Meal!!

Nil

10:30 PM



Program Expiry 11-08-23



Weight: 80.5 kg Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Week 3 - Day 7

Mark tick/cross i

8: <u>30 AM</u>	4
10:30 AM	2
1:30 PM	Sa
	1
	Sa

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

2 Eggs + Veggies

Sa	lad
1	Millet roti
Sa	bji
D	al

4:30 PM 7:30 PM

1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]

Soup 3-4 Slices Thin Crust Pizza (Mushroom/ Chicken/ Paneer)



Fruit Smoothie / Bowl Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds



Program Expiry 11-08-23