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Ex-Diet Consultant

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

Member: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism,

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Asian Federation of Dietetic Associations, Orange City Runners

08-06-23

Weight: 80.5 kg	Name: Sandeep	Age: 42 Yrs	Height: 178 Cms
<u>Week 4 -</u>	<u>Day 1</u>		
Mark tick/cross	in the box below time, mention anyt	thing extra you had and sub	mit weekly.
8:30 AM	5 Apricot (Dried) (Eat One At	A Time, Chew Well)	
10:30 AM	2 Eggs + Veggies		
1:30 PM	Salad + Sprouts + Curd		
	1/2 Katori Rice Dal		
4:30 PM	Watermelon + Feta Cheese- 4	0g	
7:30 PM	3-4 Grilled Vegetable Tikki w	ith aloo	
	(use non- stick pan, 1 tsp oil) Green Chutney		
10:30 PM	Roasted Makhana		
Mention total in day_			
Exercise (in min)			
Water			
(in litres)			

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









08-06-23

Weight: 80.5 kg	Name: Sandeep	Age: 42 Yrs	Height: 178 Cms
Week 4 -	Day 2		
Mark tick/cross	i		
8:30 AM	8 Pcs. Walnuts (Eat One	e At A Time, Chew Well)	
10:30 AM	1 Bread		
	1 Egg + veggies		
1:30 PM	Salad		
	1 katori Rice		
	Chole		
4:30 PM	1 Mango		
7:30 PM	Grilled Chicken		
	Veggies		
10:30 PM	Sprouts Salad (1 Katori	Sprouts + veggies + tadka)	
Mention total in day	_		
Exercise (in min)	•		
Water 🦷	-		
(in litres)			

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08-06-23

Veight: 80.5 kg	Name: Sandeep	Age: 42 Yrs	Height: 178 Cms
Week 4 -	<u>Day 3</u>		
Mark tick/cross	j		
8:30 AM	5 Apricot (Dried) (Eat One At	A Time, Chew Well)	
10:30 AM	2 Eggs + Veggies		
1:30 PM	Salad + curd		
	1 Katori Rice		
	Palak Dal		
4:30 PM	Watermelon + Feta Cheese- 40	0g	

10:30 PM Roasted Makhana

Paneer Salad

+ Veggies

Grilled/Saute Paneer (6 Pcs.)



7:30 PM

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08-06-23

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

Week 4 - Day 4

WEEK 4 -	Day 4
Mark tick/cross	
8:30 AM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
1:30 PM	1 Katori Boiled Chana [+ Veggies + Green Chutney + Coriander + Carrot + Lemon] 1 Egg 1 Katori Rice Cabbage And Peas Sabji Dal
4:30 PM	1 Mango
7:30 PM	Steamed/ Grilled Veggies 2 katoris Curd Rice
10:30 PM	Sprouts Salad (1 Katori Sprouts + veggies + tadka)
ention total in day	
Exercise (in min) Water (in litres)	

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08-06-23

eight: 80.5 kg	Name: Sandeep	Age: 42 Yrs	Height: 1/8 Cm
Week 4 -	<u>Day 5</u>		
Mark tick/cross	i		
8:30 AM	8 Pcs. Walnuts (Eat One	e At A Time, Chew Well)	
10:30 AM	2 Eggs + Veggies		
1:30 PM	Salad 1 katori Rice Sambar		
4:30 PM	Watermelon + Feta Che	eese- 40g	
7:30 PM	2-3 Idlis 2 bowls Sambar (Add C Chutney	Gourd Veggies - Dudhi/T	Turia/Pumpkin)
10:30 PM	Sprouts Salad (1 Katori	Sprouts + veggies + tadl	ka)
ention total in day	' <u> </u>		
Exercise (in min)			
Water (in litres)	_		

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.









08-06-23

Weight: 80.5 kg	Name: Sandeep	Age: 42 Yrs	Height: 178 Cms
<u>Week 4 -</u> <u>D</u>	<u> </u>		

WCCKI	<u>Day o</u>
Mark tick/cross	i
8:30 AM	5 Apricot (Dried) (Eat One At A Time, Chew Well)
10:30 AM	1 methi thepla 1 Egg
1:30 PM	2 Katori Mix veg Pulav Curd + Veggies
4:30 PM	1 Mango
7:30 PM	Free Meal!!
10:30 PM	Nil
Mention total in day	
Exercise (in min)	
Water (in litres)	

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- B) Refer General Guidelines.





Roasted Makhana





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08-06-23

Weight: 80.5 kg	Name: Sandeep	Age: 42 Yrs	Height: 178 Cms
Week 4 -	<u>Day 7</u>		
Mark tick/cross	i		
8:30 AM	8 Pcs. Walnuts (Eat One At A	Time, Chew Well)	
10:30 AM	2 Eggs + Veggies		
1:30 PM	1 katori Rice		
	Rajma Salad		
4:30 PM	1 Mango		
7:30 PM	2 Katoris Khichadi with lots of veggies and tadka + 1 tsp ghee (from top)		

Mention total in day

10:30 PM



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