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Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

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6/17/2023

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

#### <u>Week 5 - Day 1</u>

Salad

1 Egg

1 Katori Rice

1 Coconut water

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

8:	30	Al	M

Sauf Water (soak 1 tsp Sauf overnight in water,eat sauf also)



1 Bread 1 Egg + veggies



Paneer with mix veggies Sabji



2 tsp Mix seeds

1 Katori Boiled Noodles

+ Saute veggies (can also have like a soup)





Program Expiry 11-08-23



Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

# Week 5 - Day 2

Mark tick/cross i

8:30 AM	1
10:30 AM	2
1:30 PM	ç
	1 N

1 Tsp Methi Seeds (soaked)

# 2 Eggs + Veggies

Salad 1 katori Rice Mix veg



Buttermilk 2 tsp Mix seeds 2 Phulka

Sabji



1 Mango



11-08-23



Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

### Week 5 - Day 3

Mark tick/cross i

8:	30 A	٩M
10	:30	AM

Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)



1 Bread 1 Egg + veggies Salad 1 Katori Rice





2 tsp Mix seeds 1.5 Katoris Millet Khichadi

with lots of veggies and tadka + 1 tsp ghee (from top)



1 Egg

Lauki Dal

Buttermilk



11-08-23



Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

## Week 5 - Day 4

Mark tick/cross i

8:	30 AM
10 <sup>.</sup>	:30 AM
10. 	
1:	30 PM

Sauf Water (soak 1 tsp Sauf overnight in water,eat sauf also) 1 Katori Poha + 1 Egg 1 Katori Rice Onion Tomato Dal



Saute Veggies 1 Katori Hummus 2 Falafel Grilled [Can have wrapped in a lettuce]

1 Coconut water 2 tsp Mix seeds

1 Mango

10:30 PM

Mention total in day Exercise (in min) Water (in litres)

Program Expiry 11-08-23



Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

# <u>Week 5 -</u> Day 5

Mark tick/cross i

8:30	AM
10:30	AM
1:30	

1 Tsp Methi Seeds (soaked)

1 Bread 1 Egg + veggies



4:30 PM 7:30 PM

Salad 1 Katori Rice Mix Dal

1 Coconut water 2 tsp Mix seeds



1 Egg

Salad

1 Katori Rice Curd with tadka



11-08-23



Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

# <u>Week 5 -</u> Day 6

Mark tick/cross i

8:	30	Al	M
10	:30	А	ı M
		_	

1:30 PM

Sauf Water (soak 1 tsp Sauf overnight in water,eat sauf also)

0:30	A	Μ

Salad 1 Katori Rice Chicken

1 Katori Upma

+ 1 Egg



Buttermilk 2 tsp Mix seeds

Free Meal!!

10:30 PM Nil Mention total in day Exercise (in min) Water (in litres)

Program Expiry 11-08-23



Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

# <u>Week 5 -</u> Day 7

Mark tick/cross i

8:30 AM	1 Tsp Methi Seeds (soaked)
10:30 AM	2 Eggs + Veggies
1:30 PM	2 Phulka
	Sabji



4:30 PM Buttermilk 2 tsp Mix seeds

> Salad 1 Stuffed Lauki Roti Kadi



7:30 PM

1 Mango



11-08-23