

Member: 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

6/25/2022

Weight: 57 kgs

Name: Akash

Age: 24 yrs

Height: 171 cms

Food Plan Week 3

8:00 AM	1 Glass Milk Shake (+ Fresh Fruit, Sugar)
10:00 AM	Kheer [Sevaiya/Rice] [or] 2 Rasgulla + Any breakfast
12:00 PM	2 Eggs
2:30 PM	Phulka Rice Sabji Dal
5:30 PM	2 Bread + 2 Slice cheese
8:30 PM	Rice Sabji Chicken/Paneer/ Rajma
11:30 PM	1-2 Dryfruit laddu [Almonds + Walnuts + Cashews + Dates]

Program Expiry
1-09-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

www.snehafafat.com

Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							