

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

7/3/2022

Weight: 57 kgs

Name: Akash

Age: 24 yrs

Height: 171 cms

Food Plan Week 4

8:00 AM 50g Peanut Chikki

10:00 AM Veg Paratha with Ghee
Curd/ 2 Eggs

12:00 PM Lassi 1 Glass

2:30 PM Phulka
Rice
Sabji
Dal/ Kadi
2 Rasgulla/ Shrikhand

5:30 PM Fruit Juice
1 Dryfruit Laddu

8:30 PM Phulka
Rice/ Khichadi/ Biryani
Sabji
Kadi/ Meat/ Paneer

11:30 PM Ice-cream [or] Almond Milk + Sugar

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 							