

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

7/6/2022

Weight: 94 kg

Name: Utkarsh

Age: 24 yrs

Height: 180cms

Food Plan Week 9

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM 1.5 katoris Poha/ 1 Dosa

11:30 AM Sprouts Salad (½ Katori Sprouts + veggies)

2:00 PM 1 Millet roti
Sabji
Dal/ Kadi

5:30 PM Roasted Makhana [or] 1-2 Cube Cheese

8:00 PM Salad/ Soup
1 Uttapam + Sambar + Chutney
[or] Grilled Paneer 60g + Saute Veggies
[or] 1 Katori Rice + Sambar/ Palak Dal

11:30 PM 1 Fruit

Program Expiry
2-08-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							