

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

7/10/2022

Weight: 57 kgs

Name: Akash

Age: 24 yrs

Height: 171 cms

Food Plan Week 5

8:00 AM	2 Bread + Butter
10:00 AM	Any Snack Dal Based like Dal Wada/ Dahi Wada Sheera 1 Egg
12:00 PM	1 Dryfruit Laddu
2:30 PM	Phulka Rice Sabji Dal/ Kadi Any khoa based sweet
5:30 PM	Rajgeera chikki 100g
8:30 PM	Phulka + Rice + Sabji + Dal [or] Idlis + sambar chutney [or] Pizza
11:30 PM	1 Paratha / Kheer

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 