

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

7/16/2022

Weight: 57.5 kgs

Name: Akash

Age: 24 yrs

Height: 171 cms

Food Plan Week 6

8:00 AM	2 Bread + Butter
10:00 AM	1-2 Veg Stuffed Roti Rasgulla/ Shrikhand
12:00 PM	Fruit Juice
2:30 PM	Phulka Rice Sabji Egg/ Chicken
5:30 PM	Cheese sandwich [or] Peanut Chikki
8:30 PM	Phulka + Rice + Sabji + Dal [or] Rice + Meat [or] Chicken roll
11:30 PM	Icecream/ chocolate pastry

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 