

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

7/20/2022

Weight: 92 kg

Name: Utkarsh

Age: 24 yrs

Height: 180cms

Food Plan Week 10

8:00 AM 1 Slice Cheese

9:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM Dal Water

2:00 PM Salad
1 Katori Rice
Sabji
Dal/ Kadi

5:30 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

8:00 PM Salad/ Soup
2 Phulka + Paneer Sabji
[or] 2-3 Moongdal Chilla + Lauki
[or] 2-3 Idlis + sambar chutney

11:30 PM 20g Raisin (Eat One At A Time, Chew Well)

Program Expiry
2-08-22

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 