

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

7/25/2022

Weight: 58.3 kgs

Name: Akash

Age: 24 yrs

Height: 171 cms

Food Plan Week 7

8:00 AM 1-2 Peanut Laddu (Jaggery)

10:00 AM Poha/ Upma
Sheera/ Kheer

12:00 PM 2 Dryfruit Laddu

2:30 PM Phulka
Rice
Sabji
Dal
Kheer/ Rasgulla

5:30 PM Rajgeera Chikki / Dal Moth

8:30 PM Any Chaat + Khichadi + Kadi
[or] Rice + Meat
[or] Idli + Vada + sambar chutney

11:30 PM Makhana / Milk shake

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 