

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

7/28/2022

Weight: 93 kg

Name: Utkarsh

Age: 24 yrs

Height: 180cms

### Food Plan Week 11

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1.5 katoris Poha/ 2 Idlis

11:30 AM 1 Fruit

2:00 PM Salad  
2 Phulka  
Sabji  
Dal/Besan

5:30 PM Murmura+ 2 Tbsp Peanuts (+ Veggies + Green Chutney)

8:00 PM Salad + Sprouts + Curd  
1 Millet roti + Sabji + Kadi  
[or] 2 Katori Palak khichadi + Kadi  
[or] 1 Katori Rice + Paneer sabji

11:30 PM 1 Cup Milk

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 							