

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

8/4/2022

Weight: 93 kg

Name: Utkarsh

Age: 24 yrs

Height: 180cms

Food Plan Week 12

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Katori Rice
Dal/ Rajma/ Chole

5:30 PM 1 Glass Milk Shake (+ Fruit, No Sugar)

8:00 PM Salad / Soup
2-3 Idlis + sambar chutney
[or] 1 Millet roti + Palak Dal
[or] 3 Slices Pizza

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 							