

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

8/5/2022

Weight: 58.5 kgs

Name: Akash

Age: 24 yrs

Height: 171 cms

### Food Plan Week 8

8:00 AM 2-4 Rasgullas (Squeeze out syrup)

10:00 AM Poha/ Upma  
Fruit Shake

12:00 PM 2 Bread + Omelette

2:30 PM Rice  
Sabji  
Dal/ Kadi  
2 Besan Laddu

5:30 PM 2 Bread + 2 Slices Cheese [or] Pastry

8:30 PM Phulka + Chicken  
[or] Pizza  
[or] Chole Bhature

11:30 PM Icecream [or] 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 