

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

8/7/2022

Weight: 103 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 1

8:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:50 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

12:00 PM Buttermilk

2:00 PM Salad + 2 Tsp Flax seeds  
1 Phulka  
Sabji  
Dal

5:00 PM 1 Egg/ Slice Cheese

6:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp

9:15 PM 1 Egg/ 2 Pcs Chicken  
Salad/ Soup  
1 Millet roti +Sabji + Dal  
[or] 2 Bread + Veggies [Sandwich/ pav bhaji]  
[or] 2 Katori Veg Daliya

Program Expiry  
21-10-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.





Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

|   | Day1 | Day2 | Day3 | Day4 | Day5 | Day6 | Day7 |
|---|------|------|------|------|------|------|------|
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| Exercise<br> |      |      |      |      |      |      |      |
| Water<br>    |      |      |      |      |      |      |      |