

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

12-08-22

Weight: 102 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 2

8:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:50 AM 1.5 katoris Poha/ Upma

12:00 PM 20-30g Coconut (grated or 2" x 2" Piece)

2:00 PM Salad
1 Phulka
Sabji
Dal
Buttermilk

5:00 PM 20g Raisin (Eat One At A Time, Chew Well)

6:30 PM 1 Glass Milk + 1 tbsp chia seeds

9:15 PM 1.5 Phulka + Paneer sabji
[or] 1.5 Katori Rice + Chicken
[or] 2 Katori Khichadi [+ 4-5 Pcs Paneer + Veggies] + Kadi

Program Expiry
21-10-22

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 							