

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

8/24/2022

Weight: 58 kgs    Name: Chandrashekhar    Age: 51 yrs    Height: 170 cms

### Food Plan Week 1

8:15 AM    8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM    1.5 katoris Upma/ 1 Dosa  
1 Egg/ 1 Glass Milk

11:30 AM    1/2 Katori Roasted Chana

2:30 PM    Salad  
2 Phulka  
Sabji  
Dal/ Kadi

5:30 PM    Paneer Salad ( Paneer (6 Pcs.) + Veggies)  
[or] 1 Katori Sprouts + veggies

8:30 PM    Salad/ Soup  
2-3 Katori Veg Khichadi + Kadi  
[or] 3-4 Idlis + Sambar Chutney  
[or] Grilled Chicken + 2 Phulka + Sabji

10:30 PM    8 Almonds (Eat One At A Time With Skin, Chew Well)

Program Expiry  
21-11-22

### 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 