

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: 64 kg Name: Suraj

Age: 32 yrs

Height: 174 cms

Food Plan Week 1

6:00 AM 2 Rasgullas

8:30 AM 1-2 Eggs + 1 bread

9:30 AM Poha/ Idlis

12:00 PM Peanut chikki - 50 g

2:30 PM Roti
Rice
Sabji
Dal

5:00 PM Fruit Juice
+ 2 Bread + 1 Slice Cheese

7:00 PM Any Snack Dal Based like Dal Wada/ Dahi Wada/ Dal Moth packet
or chole tikki

9:00 PM Roti
Rice/ Khichadi
Sabji
Dal

Program Expiry
21-09-22




Sneha Fafat

www.snehafafat.com

Activity and Food Tracker

SEE HOW YOU EAT.

| | Day1 | Day2 | Day3 | Day4 | Day5 | Day6 | Day7 |
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| Exercise  | | | | | | | |

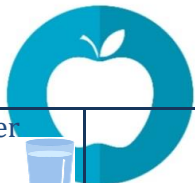
Sneha Fafat, Registered Dietician #63/08

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Ex-Diet Consultant

Lilavati Hospital, Mumbai
Bombay Hospital, Mumbai

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Water



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