

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

8/27/2022

Weight: 102 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 4

8:30 AM	1 Fruit
9:50 AM	1.5 katoris Upma/ 1 Dosa
12:00 PM	1 Coconut water
2:00 PM	Salad + 3 tsp mix seeds 1 Phulka Sabji Dal
5:00 PM	30g Coconut (grated or 2" x 2" Piece)
6:30 PM	1 Glass Milk + 1 tbsp chia seeds
9:15 PM	Salad + Paneer/ Chicken 1 Phulka + Sabji + Dal [or] 2 Katori Veg Daliya [or] 2-3 idlis + sambar chutney

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 