

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

9/3/2022

Weight: 102 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 5

8:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:50 AM 1.5 katoris Sprouts/ 2 Dal or besan Chilla

12:00 PM 20g Raisin (Eat One At A Time, Chew Well)

2:00 PM Salad + Peanuts + Curd
1 Phulka
Sabji

5:00 PM 1 Fruit

6:30 PM Murmura (+ Veggies + Green Chutney)

9:15 PM Salad / Soup [daily]
4 Pcs Paneer/ 1 Slice Cheese [daily]
1 Millet roti + Sabji + Kadi
[or] 2 Palak Roti [+ Besan] + Curd / Kadi
[or] 5-6 Pcs Besan Dhokla

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 