

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

9/7/2022

Weight: 57.5 kgs Name: Chandrashekhar Age: 51 yrs Height: 170 cms

Food Plan Week 1

8:15 AM 1 Banana (take Small bites, chew well)

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla
1 Fruit

11:30 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

2:30 PM Salad
2 Phulka/ 3-4 Idlis
Sabji
Dal/ Sambar chutney

5:30 PM 2 multi grain Bread + veggies [no butter]
[or] 2 Eggs + 1 Multi grain Bread

8:30 PM Salad/ Soup
3 Katori Veg Daliya + Kadi
[or] 2 katori Rice + Chicken
[or] 2 Millet Roti + Palak Dal

10:30 PM 1 Glass Milk

Program Expiry

21-11-22

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 