

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

9/10/2022

Weight: 102 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 6

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruit 1 tbsp + 2 tsp roasted Flax seed
2:00 PM	Salad 2 Phulka Sabji Dal/ Kadi
5:00 PM	8 Amonds
6:30 PM	1 Katori Peanuts / Roasted Chana
9:15 PM	Salad / Soup [daily] Egg/ Chicken [daily] 1 Katori Rice + Rajma [or] 3 Idlis + sambar Chutney [or] 2 Katori Khichadi + Palak

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 							