

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

9/11/2022

Weight: 64 kg Name: Suraj Age: 32 yrs Height: 174 cms

Food Plan Week 2

6:00 AM 2-3 Besan Laddu

8:30 AM 1 Glass Milk + 2-3 Tsp Sugar + 10 Almonds

9:30 AM Upma/ Dosa/ Sprouts
1 Glass Milk

12:00 PM Roasted Chana

2:30 PM Roti
Rice
Sabji
Dal

5:00 PM Milkshake [or] Murmura Laddu

7:00 PM 2-3 Besan Laddu [or] any snack of choice

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
Exercise 							

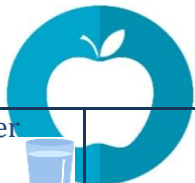
Sneha Fafat, Registered Dietician #63/08

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Ex-Diet Consultant

Lilavati Hospital, Mumbai
Bombay Hospital, Mumbai

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Water



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Activity and Food Tracker