

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

9/20/2022

Weight: 57.5 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

### Food Plan Week 3

8:15 AM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
9:30 AM	2 Katori Upma/ 2 Uttpam Sambar chutney
11:30 AM	Lassi [2 tsp sugar]
2:30 PM	Salad + Sprouts + curd 3 Phulka Sabji
5:30 PM	2 Multi grain bread + 1 Slice chesse
8:30 PM	Salad/ Soup 3 Veg Stuffed Roti + kadi [or] Rice + chicken [or] 4-5 Idlis + Sambar chutney
10:30 PM	12 Almonds (Eat One At A Time With Skin, Chew Well)

Program Expiry  
21-11-22

#### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

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# Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 