

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

9/21/2022

Weight: 93 kg Name: Dharmesh Age: 42 Yrs Height: 167 Cms

Food Plan Week 6

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM 1 Fruit

11:30 AM Salad
2 Small Millet roti
Sabji
Dal/ kadi

2:00 PM Buttermilk

5:00 PM 1.5 Katori Sprouts/ Upma + Veggies

8:00 PM Salad/ Soup
2 Phulka + Paneer Sabji
[or] 2 Katori Palak Khichadi
[or] 2-3 Moongdal Chilla + Veggies

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 