

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

9/24/2022

Weight: 101.5 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 8

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	1.5 katoris Upma/1 Dosa
2:00 PM	Salad 1 Phulka Sabji [Chole/ Rajma/ Paneer]
5:00 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
6:30 PM	1 Fruit + 1 slice cheese
9:15 PM	Salad / Soup [daily] 2-3 Idlis + Samabar Chutney [or] 1 Katori Rice + palak Dal [or] 2-3 Moongdal Chilla + Lauki

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 							