

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

9/18/2022

Weight: 101.8 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 7

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	1/2 Katori Sprouts + Veggies + Curd/ Egg
2:00 PM	Salad 1 Millet Roti Sabji Dal/ Kadi
5:00 PM	1 Banana (take Small bites, chew well)
6:30 PM	2 Eggs + Veggies [or] 50g Paneer + veggies
9:15 PM	Salad / Soup [daily] 2 Phulka + Sabji [or] Grilled Chicken + Saute Veggies [or] 2 Bread + Veggies [Pav Bhaji/ Sandwich]

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 							