

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

9/27/2022

Weight: 58.5 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 4

8:15 AM 1 Glass Milk + 1 tbsp chia seeds + 1 Tsp rose syrup

9:30 AM 1 Veg Stuffed Roti (+ Palak/Methi) [or] 2 katori Sprouts + veggies
1 Katori Curd + 2 Tsp Sugar

11:30 AM Milkshake with fresh fruit

2:30 PM Salad
1 Phulka
1 Katori Rice
Sabji
Dal/ Chole

5:30 PM 2-3 Rasgulla [squeeze the syrup]

8:30 PM Salad/ Soup
3 Phulka + Paneer Sabji
[or] Rice + Sambar/ Black Dal
[or] 3-4 Moongdal Chilla + Lauki + Paneer

10:30 PM 20g Raisin + 5 Cashews (Eat One At A Time, 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 