

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

9/30/2022

Weight: 100.8 kgs

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 9

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 Veg Stuffed Roti + kadi
2:00 PM	Salad 1 Phulka Sabji Dal/ Kadi
5:00 PM	4 Anjir (Eat Half At A Time, Chew Well)
6:30 PM	Murmura + Peanuts + veggies
9:15 PM	Salad / Soup [daily] 2 Veg Stuffed Roti + kadi [or] 2 Katori Palak Khichadi [or] Grilled Chicken + Grilled 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 							