

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

10/4/2022

Weight: 57.9 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 5

8:15 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
+ Min jaggery

9:30 AM 1.5 katoris Poha/ 1 Dosa
1 Katori Curd / 1 Egg

11:30 AM Peanut Chikki - 50g

2:30 PM 2 Phulka
Sabji [Paneer/ Egg/ Moth]
1 Katori Rice
Dal

5:30 PM Bhel [Murrura + Peanuts + veggies]

8:30 PM Salad/ Soup
3-4 Idlis + sambar chutney
[or] 2-3 Oats chilla + Lauki
[or] 2 Katori Rice + Chicken

10:30 PM 1 Glass Milk

Program Expiry
21-11-22

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 