

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

10/9/2022

Weight: 100 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 10

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower) [or] 2 Eggs + Veggies
2:00 PM	Salad 1 Phulka Rajma / Paneer/ Chole
5:00 PM	10 Pistachionuts (Eat One At A Time, Chew Well)
6:30 PM	Murmura + Peanuts + veggies
9:15 PM	Salad / Soup [daily] 1 Katori Rice + Chicken [or] 2 Bread + Sabji [Pav bhaji/sandwich] [or] 2 Missi Roti [methi/coriander/palak] + kadi

Program Expiry  
21-10-22

### 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 							