

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

10/11/2022

Weight: 58.1 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 6

8:15 AM Peanut Laddu [Min Jaggery]

9:30 AM 1-2 Veg Stuffed Roti (+ Veggies)
Curd/ Egg

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Phulka
1 Katori Rice
Sabji [Paneer/ Rajma/ Chole]
Dal

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM 2 Rasgulla [squeezed] daily
3-4 idlis + Sambar chutney
[or] 3 Methi Thepla + Tomato chutney
[or] Dhokla

10:30 PM 10 Almonds + 10 Pistachionuts (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

www.snehafafat.com

Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 