

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

10/15/2022

Weight: 99.4 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 11

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	1.5 Katori Sprouts/ 2 Moongdal Chilla
2:00 PM	Salad 1 Phulka Sabji Dal/ Buttermilk
5:00 PM	4 Anjir (Eat Half At A Time, Chew Well)
6:30 PM	1 Banana
9:15 PM	Salad / Soup [daily] 1 Protein Bar [or] 1 Egg [daily] 1 Phulka + Sabji + Dal/ Kadi [or] Grilled Chicken + Saute Veggies/ Soup [or] 2 Katori Veg Khichadi

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 							