

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

10/18/2022

Weight: 58.2 kgs Name: Chandrashekhar Age: 51 yrs Height: 170 cms

Food Plan Week 7

8:15 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

9:30 AM Egg /Cheese + Roti/ Bread

11:30 AM Peanut Chikki

2:30 PM 1 Phulka + Rice
Sabji
Dal
Salad + Sprouts + Curd

5:30 PM 1 Katori Boiled Rajma/chole + Veggies

8:30 PM Soup/ Salad
2-3 Oats Chilla + Lauki/ Palak
[or] 2 Phulka + Paneer sabji
[or] 3 Bread + veggies [Pav bhaji/ Sandwich]

10:30 PM 1 Glass Milk + 1 tsp Sugar + 4 Almonds

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 