

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

22-10-22

Weight: 98.8 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 12

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 katoris Upma/ 1 Dosa

2:00 PM      Salad + Curd  
1 Phulka  
Sabji

5:00 PM      1 Slice/ Cube Cheese

6:30 PM      1 katori Peanuts/ Chana

9:15 PM      Salad / Soup [daily]  
1 Protein Bar [or] 1 Egg [daily]  
1 Millet Roti + Palak Dal  
[or] 1 Katori Rice + Chicken  
[or] 2 Moongdal Chilla + Lauki

Program Expiry  
21-10-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 