

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

25-10-22

Weight: 58.2 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 8

8:15 AM 1 Glass Milk

9:30 AM Sprouts/ Moongdal Chilla
1 Fruit + 1 Egg

11:30 AM Peanut Chikki

2:30 PM Salad
1 Millet roti + Rice
Sabji
Dal/ Kadi

5:30 PM Roasted makhana [or] 1 Glass Fruit Milkshake

8:30 PM Soup/ Soup
Palak Khichadi
[or] Phulka + Paneer Sabji/ Chicken
[or] Missi Roti (methi/ coriander leaves + 50% besan) + Kadi

10:30 PM 4 Dates + 8 Pcs. Walnuts (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 