

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: 98.8 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 13

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 Veg Stuffed Roti (+ Veggies)
2:00 PM	Salad 1 Phulka Sabji Dal/ Kadi/ Buttermilk
5:00 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
6:30 PM	1 Glass Milk + 1tbsp Chia seeds
9:15 PM	Salad / Soup [daily] 1 Protein Bar [or] 1 Egg [daily, post workout] 1 Phulka + Paneer Sabji [or] Grilled Chicken + Saute veggies [or] 2 Katori Palak 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](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 