

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

11/1/2022

Weight: 92 kg

Name: Karan

Age: 32Yrs

Height: 177 Cms

### Food Plan Week 3

10:00 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds  
Any breakfast of choice

2:00 PM Phulka  
Sabji  
Rice  
Dal/ Chole/ Moth

5:00 PM 1-2 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

8:00 PM Palak Khichadi + Kadi  
[or] Missi roti [methi/ corainder leaves + 50% besan/ ragi]  
[or] Moongdal chilla + beetroot

Program Expiry  
27-12-22

### 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 