

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

11/6/2022

Weight: 99.5 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 14

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
2:00 PM	Salad 1 Phulka Sabji Dal/ Kadi/ Buttermilk
5:00 PM	Buttermilk
6:30 PM	2 Eggs [or] Pop-corn
9:15 PM	Salad / Soup [daily] 1 Protein Bar [or] 1 Egg [daily, post workout] 2 Katori veg Daliya + Kadi [or] 1 Onion Roti + chutney [or] 5-6 Pcs Dhokla

Program Expiry
21-10-22

Note

- A) Refer General Guidelines.
- B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							