

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

11/9/2022

Weight: 58.2 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

### Food Plan Week 9

8:15 AM Dryfruit Laddu

9:30 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds  
+ 1 Egg

11:30 AM 1 Glass Lassi

2:30 PM Salad  
1 Phulka + Rice  
Sabji  
Curd / Mix Dal

5:30 PM 2 Bread + 1 Slice Cheese + veggies

8:30 PM Soup/ Salad  
Idlis + sambar chutney  
[or] Moongdal Chilla + Lauki  
[or] Phulka + Paneer Sabji

10:30 PM 1 Glass Milk + 1 tbsp chia seeds

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 