

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: 91 kg

Name: Sahil

Age: 28 yrs

Height: 180 cms

Food Plan Week 1

11:30 AM **10-12 Almonds (Eat One At A Time With Skin, Chew Well)**

2:00 PM **Salad**
Curd
Phulka
Sabji

5:00 PM **Peanuts / Chana [Roasted/ Boiled]**

8:00 PM **Coconut water with malai**

10:30 PM **Salad/ Soup**
Grilled Chicken/ 2 Eggs
Idlis + sambar chutney
[or] Rice + Dal/ Chole
[or] Phulka + Chicken

1:00 AM **1 Fruit + 1 Slice Cheese**
1 Glass Milk

Program Expiry
9-12-22

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 