

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

11/12/2022

Weight: 98.8 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 15

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	1.5 katoris Poha/ Upma
2:00 PM	1 Katori Corn + Cheese 1 Slice + Veggies [or] 2 Fruits + 1/2 Katori Peanuts
5:00 PM	1 Katori Roasted chana
6:30 PM	Salad + Sprouts
9:15 PM	Salad / Soup [daily] 1 Protein Bar [or] 1 Egg [daily, post workout] 1 Katori Rice + Chicken [or] 2-3 Moongdal Chilla + Lauki [or] 2 Bread + Sabji [sandwich/pavbhaji]

Program Expiry
21-10-22

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 