

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

11/17/2022

Weight: 58.2 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 10

8:15 AM Dryfruit Laddu

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla
2 Rasgulla [Squeeze it completely]

11:30 AM Milkshake [+Fresh fruit]

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

5:30 PM 2 Eggs + veggies

8:30 PM Soup/ Salad
2-3 Katori Veg Daliya + Kadi
[or] 3 Bread + Sabji [sandwich/pav bhaji]
[or] Grilled Chicken + Saute Veggies + 1 Phulka Sabji

10:30 PM Peanut Chikki

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 							