

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: 91 kg

Name: Sahil

Age: 28 yrs

Height: 180 cms

Food Plan Week 2

9:00 AM Poha/ Upma/ Idlis
2 Egg + veggies

11:30 AM **8 Pcs. Walnuts (Eat One At A Time, Chew Well)**
+ 4 Dates

2:00 PM **Salad**
Chicken/Paneer
Phulka
Sabji

5:00 PM **2 Fruits**

8:00 PM **2 Rasgullas (Completely squeeze out syrup)**
[or] 2 Slices Cheese

10:30 PM **Salad/ Soup**
Grilled Chicken/ Chole
2 Phulka + Sabji
[or] 1 Katori Rice + Chicken
[or] Pizza with Chicken/ Paneer

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 							