

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

19-11-22

Weight: 64 kg

Name: Amit

Age: 40Y

Height: 165 Cms

Food Plan Week 32

7:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:45 AM 1.5 katoris Upma/ 1 Dosa
1 Egg

12:00 PM 1 Fruit/ Gajar Halwa [min sugar and ghee, use low fat milk]

2:00 PM Salad
2 Phulkas
Sabji
Dal/ Moth

5:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added
Coconut water

8:15 PM Salad
Saute Veggies + Paneer + 1 Katori Veg Pulav/herbed rice
[or] 2 Phulka + Matar Paneer
[or] 2 Katori Veg Khichadi + Kadi

9:30 PM 1 Egg

Program Expiry
10-12-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							