

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: 98.2 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 16

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 Veg Stuffed Roti (+ Veggies) + Veg raita
2:00 PM	Fruit Smoothie / Bowl Fruit + Milk/Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds [or] Roasted makhana Bhel [+veggies] + Buttermilk
5:00 PM	2 Eggs [or] 1 Katori Curd Veggies
6:30 PM	10 Pcs. Walnuts (Eat One At A Time, Chew Well)
9:15 PM	Salad / Soup [daily] 1 Protein Bar [or] 1 Egg [daily, post workout] 1 Phulka + 1/2 Katori Rice + Sabji + Dal [or] 3 Slices Pizza [or] Grilled Chicken + Veggies + 1Katori Khichadi

Program Expiry
21-1-23

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 							