

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

11/23/2022

Weight: 58.2 kgs Name: Chandrashekhar Age: 51 yrs Height: 170 cms

Food Plan Week 11

8:15 AM	Dry Fruit Laddu
9:30 AM	1.5 katoris Poha/ Upma 2 Eggs
11:30 AM	10 Pcs Walnuts + 10 Almonds
2:30 PM	1 Phulka 1 katori Rice + Dal/ Chole/ Rajma Salad
5:30 PM	1 Slice/ Cube Cheese 1 Fruit
8:30 PM	Soup/ Salad 2-3 Katori Palak Khichadi [or] 2-3 Phulka + Chicken [or] 4-5 Idlis + sambar chutney
10:30 PM	1 Glass Milk + 2 tsp Sugar + 4 almonds

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 