

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

11/25/2022

Weight: 76.5 kg

Name: Darshan

Age: 27 yrs

Height: 164 cms

Food Plan Week 1

- 7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)
- 9:00 AM 1.5 Katori Sprouts [+ Tadka]/ 2 Moongdal Chilla
+ Veggies
- 11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)
- 1:00 PM Salad
2 Phulka
Sabji
Dal/ Kadi
- 5:00 PM Murmura bhel (+ 1 Katori Peanuts + Veggies + Green Chutney)
- 8:00 PM Salad/ Soup
3 Idlis + sambar Chutney
[or] 2 Phulka + Paneer sabji
[or] 2 Katori Veg Khicahdi [+ Palak]
- 10:30 PM 1 Glass Milk+ 1 tsp Chia seeds

Program Expiry
21-02-23

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 