

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

11/26/2022

Weight: 97.7 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 17

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 Phulka + Sabji + Dal
2:00 PM	1 Katori Sprouts + veggies + murmura
5:00 PM	1 Glass Milk + 1 Tbsp Chia seeds
6:30 PM	1 Fruit
9:15 PM	Salad / Soup [daily] 1 Protein Bar [or] 1 Egg [post workout] 2 Phulka + Chicken/ Paneer [or] 2 Katori Palak Khichadi + Kadi [or] 3 Idlis + sambar Chutney

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 							