

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

12/3/2022

Weight: 97.7 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 18

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	1.5 katoris Poha/ 2 Eggs + Veggies
2:00 PM	Salad + Sprouts 1 Phulka Sabji
5:00 PM	8 Pcs. Walnuts (Eat One At A Time, Chew Well)
6:30 PM	Murmura + Peanuts/ Chana + veggies
9:15 PM	1 Protein Bar [or] 1 Egg [post workout] 1 Katori Rajma/ Chole /Chicken + lots of Veggies + Paneer / Curd/ Cheese

Program Expiry
21-1-23

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 							