

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

12/7/2022

Weight: 58.2 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 13

8:15 AM	1 Fruit
9:30 AM	1.5 Katori Sprouts/ 2 Eggs + veggies 1 Fruit
11:30 AM	1 Slice/ Cube Cheese
2:30 PM	1 Phulka 1 katori Rice Sabji Dal/ Kadi Salad
5:30 PM	1 Katori Roasted Chana/ Peanuts
8:30 PM	Soup/ Salad 2 Millet Roti + Sabji + Dal/ Kadi [or] 1.5 Katori Rice + Chicken [or] 1 Katori Rajma + veggies + 2 Phulka + Sabji
10:30 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added

Program Expiry
21-11-22

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 							