

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

12/11/2022

Weight: 97.4 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 19

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 + Egg [or] 1 Veg Stuffed Roti [palak/ coriander/ methi]
2:00 PM	Chana/Sprouts 2 Fruits
5:00 PM	20g Raisin (Eat One At A Time, Chew Well)
6:30 PM	Murmura (+ Veggies + Green Chutney)
9:15 PM	1 Protein Bar [or] 1 Egg [post workout] 1 Phulka/ Milletr Roti Sabji Dal/ kadi

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 							