

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

12/12/2022

Weight: 73 kg

Name: Gaurav

Age: 29yrs

Height: 172 cms

### Food Plan Week 1

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Post-workout 1.5 Katori Sprouts/ 2 Moongdal Chilla

2:30 PM Salad  
2 Phulka  
Sabji  
Dal/ Rajma/ Moth

5:30 PM 2 Eggs (if u go out0 [or] 1 katori Peanuts + Veggies + Murmura

7:30 PM 1 Fruit

9:30 PM Salad/ Soup  
1 Millet roti + Palak Dal  
[or] 3-4 Idlis + sambar chutney  
[or] 2 Phulka + Paneer saabji

12:00 AM 1 Glass Milk

Program Expiry  
12-03-23

### 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 