

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

12/18/2022

Weight: 85 kg

Name: Brajesh

Age: 35 Yrs

Height: 170 Cms

Food Plan Week 6

7:30 AM 1 Fruit

10:00 AM Salad
2 Phulka
Sabji
Dal/ Kadi

2:00 PM 1 Katori Boiled Chana / Sprouts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
[or] Pop-corn

8:30 PM Salad/ Soup
2 Phulka + Paneer Sabji
[or] 2-3 Moongdal Chilla + Palak
[or] 2 Veg Stuffed Roti [Gobi/radish] + Kadi

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Program Expiry
21-08-20

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 