

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

12/21/2022

Weight: 74.5 kg

Name: Darshan

Age: 27 yrs

Height: 164 cms

Food Plan Week 3

7:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Phulka
Sabji
Dal/ Kadi

5:00 PM Pop corn [or] 1 Fruit + 1 Slice cheese

8:00 PM Salad/ Soup
2 Phulka + Paneer Sabji
[or] 2 Katori Palak Khichadi
[or] 1 Katori Rice + chole

10:30 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

Program Expiry
21-02-23

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 