

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: 58.2 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 14

8:15 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 Katori Upma/ Poha
1 Egg/ 1 Katori Curd

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

2:30 PM 2-3 Phulka
Sabji
Dal/ Kadi
Salad

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Soup/ Salad
2 Phulka + Sabji + Dal/ Kadi
[or] 2-3 Besan Chilla + lauki
[or] 2 Veg Stuffed Roti + Green chutney

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

www.snehafafat.com

Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							