

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

12/23/2022

Weight: 72 kg

Name: Gaurav

Age: 29yrs

Height: 172 cms

### Food Plan Week 2

Pre-workout 5 Cashewnuts (Eat One At A Time, Chew Well)

Breakfast 2 Eggs + veggies [or] 1 Tortilla + 1 Egg  
Post workout

2:30 PM Salad  
2 Tortilla/ 1.5 katori Rice  
Dal with veggies

6:00 PM 2 Fruits + 3 tsp mix Seeds  
post workout [or] 1 Katori Peanuts [roasted/ Boiled]

8:30 PM Salad/ Soup  
1.5 Katori Rice + Chicken/Dal  
[or] Grilled Chicken + veggies  
[or] 2 Bread + veggies + 1 Slice Cheese

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 