

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

26-12-22

Weight: 84.5 kg

Name: Brajesh

Age: 35Yrs

Height: 170 Cms

Food Plan Week 7

7:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

10:00 AM Salad + Sprouts + Curd
1 Phulka
Sabji

2:00 PM 1.5 katoris Upma/ 2 Idlis

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Daily Soup
1 Millet roti + Palak Dal
[or] 2 Uttapam + Chutney Sambar
[or] 2 Katoris Khichadi + veggies and tadka + 1 tsp ghee (from top)

10:30 PM 4 Dates (Eat Half 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 