

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

27-12-22

Weight: 58 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

### Food Plan Week 15

- 8:15 AM 1 Banana (take Small bites, chew well)
- 9:30 AM 1 Roti + 2 Eggs
- 11:30 AM 4 Anjir (Eat Half At A Time, Chew Well)
- 2:30 PM 2 Millet Roti/ 2 Katori Rice  
Sabji  
Palak Dal/ Chole/ Moth  
Salad
- 5:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
- 8:30 PM Soup/ Salad  
2 Phulka + Sabji + Dal  
[or] 3 Moongdal Chilla + Lauki/ Palak  
[or] 2 katori Veg Khichadi
- 10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Program Expiry  
21-11-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 