

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

1/4/2023

Weight: 72 kg

Name: Gaurav

Age: 29yrs

Height: 172 cms

Food Plan Week 3

Pre-workout 8 Almonds (Eat One At A Time With Skin, Chew Well)

Breakfast 2 Eggs + Veggies [or] 1 Bread + 50g avocado
Post workout

12:30 PM 1 Fruit

2:30 PM Salad
2 Tortilla + Chicken/ Rajma + Veggies
[or] Salad with Chicken + Little rice
[or] Salad + 1 Bread + 2 Eggs

6:00 PM Hummus (abt 60g /4 tbsp)/ 1 Katori chickpeas/chana
post workout + Veggies

8:30 PM Salad/ Soup
Rajma/ Chole/ Chicken
+ 1.5 Katori Rice / 2 Bread

Program Expiry
12-03-23

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

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Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 