

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

1/5/2023

Weight: 58 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

### Food Plan Week 16

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

9:30 AM 1.5 katoris Poha/ Upma  
1 Egg

11:30 AM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

2:30 PM 2-3 Phulka  
Sabji  
Chole/ Dal/ Moth

5:30 PM Saute Peas with onion [or] Paneer + Veggies

8:30 PM Soup/ Salad  
2 Millet roti + Palak Dal  
[or] 3-4 idlis + sambar Chutney  
[or] 1.5 Katori Rice + Chicken

10:30 PM 5 Apricot (Dried) (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

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# Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							