

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

1/8/2023

Weight: 84.5 kg

Name: Brajesh

Age: 35Yrs

Height: 170 Cms

### Food Plan Week 8

7:30 AM Tulsi tea (boil tulsi leaves in water)

10:00 AM Salad  
2 Phulka  
Sabji  
Dal/ Chole

2:00 PM 50g Peanuts / Chana

6:00 PM Roasted Makhana [or] 2 Fruits

8:30 PM Daily Soup/ Salad  
2 Phulka + Paneer Sabji  
[or] Pav Bhaji [2 Bread]  
[or] 2-3 Moongdal Chilla + Lauki

10:30 PM 1 Fruit

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 