

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

14-01-23

Weight: 83.9 kg

Name: Brajesh

Age: 35Yrs

Height: 170 Cms

Food Plan Week 9

7:30 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

10:00 AM Salad
2 Phulka + Sabji [try to include peas thrice a week] + Dal
1 Millet roti + Palak Sabji + Dal/ kadi

2:00 PM 1/2 Katori Rice + Dal + Sabji
[or] Veggies with 50g Paneer

6:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:30 PM Daily Soup/ Salad
1 Katori Rice + Chole
[or] 2 Katori Veg Khichadi
[or] 2-3 Idlis + sambar chutney

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Program Expiry
2-02-23

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 