

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: 69.8 kg

Name:Gaurav

Age:29yrs

Height:172 cms

Food Plan Week 4

Pre-workout 1 Coconut water

Breakfast/ Fruit Smoothie / Bowl
Post workout 100g Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp

10:30 AM 1 Slice/ Cube Cheese [or] 2 Eggs
[only on
workout days]

1:30 PM Salad
+ Chicken/ Fish/ Paneer/ Chickpeas
+ 1 Bread/ 1/2 Katori Rice / 1 Tortilla

5:00 PM 150ml yogurt [no sugar] + 1 Fruit

8:00 PM Salad/ Soup
2 Bread + Grilled Chicken
[or] 2 Katori Palak Khichadi
[or] 2 Tortilla + Any Sabji with Paneer

Program Expiry
12-03-23

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 