

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

1/16/2023

Weight: 98 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 22

Night 9pm to afternoon 11.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
12:00 PM	1 Phulka + Sabji + Dal/Egg
2:00 PM	1 katori Peanuts/ Roasted Makhana
5:00 PM	Mis seeds - 30g
6:30 PM	2 Eggs + veggies [or] 1 Glass Milk + 1 tbsp Chia seeds
9:15 PM	1 Protein Bar [or] 1 Egg [post workout] 1 Millet roti + Sabji + Dal [or] Grilled Chicken + Saute veggies [or] 3 Idlis + sambar chutney

Program Expiry  
21-1-23

### 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 