

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

1/17/2023

Weight: 58 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 16

8:15 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 katoris Oats/ Sevaiya Upma + Veggies/ 1 veg stuffed Roti
1 Fruit

11:30 AM 1 Egg

2:30 PM 2-3 Phulka
Sabji
Dal/ Curd/ Paneer
Salad

5:30 PM 1 katori Chana/ Peanuts + Veggies

8:30 PM Soup/ Salad
2 Millet roti + Palak Sabji + Dal/ Kadi
[or] 2 Katori Veg Khichadi + Kadi
[or] Chicken sandwich [2-3 Bread slices]

10:30 PM 1 Fruit

Program Expiry
21-11-22

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 							