

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

1/21/2023

Weight: 82.9 kg

Name: Brajesh

Age: 35Yrs

Height: 170 Cms

Food Plan Week 10

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

10:00 AM Salad
2 Phulka/ 1.5 Katori Rice
Sabji
Dal/ Rajma/ Paneer

2:00 PM Roasted Makhana [or] 30g Coconut (grated or 2" x 2" Piece)

6:00 PM 1 Katori Chana/ Peanuts [boiled / roasted; can add veggies]

8:30 PM Daily Soup/ Salad
2 Bread + Sabji [pav bhaji/sandwich]
[or] 1 Millet Roti + Palak Dal
[or] 2 Veg Stuffed Roti [+ Lauki]

10:30 PM 1 Glass Water + 1 tbsp chia seeds

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 