

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

1/23/2023

Weight: 97.8 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 23

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 Veg Stuffed Roti [Palak/ lauki/ Radish] Curd / 1 Egg
2:00 PM	1 Slice/ Cube Cheese 1 Fruit
5:00 PM	1 Coconut water
6:30 PM	Fruit Smoothie / Bowl Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
9:15 PM	1 Protein Bar [or] 1 Egg [post workout] 2 Phulka + Sabji + Dal [or] 1 Katori Rice + Chicken [or] 2 Katori Khichadi + Palak soup

Program Expiry  
21-1-23

### 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 