

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

1/29/2023

Weight: 82.9 kg

Name: Brajesh

Age: 35Yrs

Height: 170 Cms

Food Plan Week 11

7:30 AM 2 Dates (Eat Half At A Time, Chew Well)

10:00 AM Salad
2 Phulka/1 Millet roti
Sabji
Kadi/ Buttermilk / Paneer

2:00 PM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

6:00 PM Pop-corn/ 3-4 Pcs Dhokla

8:30 PM Daily Soup/ Salad
2 Phulka + Sabji + Dal
[or] 1 Katori Pasta + Veggies + 1 Cube Cheese
[or] 3 Idlis + sambar Chutney

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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 							