

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

1/30/2023

Weight: 68.8 kg

Name:Gaurav

Age:29yrs

Height:172 cms

### Food Plan Week 6

Pre-workout 2 Dates (Eat Half At A Time, Chew Well)

Breakfast/  
Post workout 1 Bread + 50g Avacodo [or] 1 Katori Chana + veggies

10:30 AM 1 Egg  
[only on  
workout days]

1:30 PM Salad  
1 Katori Rice / Corn/ 1 Bread  
Chicken/ Paneer/ Tofu

5:00 PM Pop-corn [or] Yogurt + 1 Fruit [or] Peanuts

8:00 PM Salad/ Soup  
1 Katori Rice + Chicken  
[or] 2 Katori Palak Khichadi  
[or] Veg Pasta [1 Katori Boiled Pasta + Cheese + white/red sauce + Veggies]

Program Expiry  
12-03-23

### 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 