

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: 97.8 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 24

Night 9pm to afternoon 9.30 am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
10:00 AM	1.5 Katori Upma/ 2 Eggs + veggies
12:00 PM	1 Fruit
2:00 PM	1 Phulka Sabji
5:00 PM	4 Anjir (Eat Half At A Time, Chew Well)
6:30 PM	Murmura + Chana/Peanuts + veggies
9:15 PM	1 Protein Bar [or] 1 Egg [post workout] 2 Phulka + Sabji + Dal [or] Grilled Chicken + Saute veggies [or] 2 Katori Palak Khichadi

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 