

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

2/7/2023

Weight: 67.1 kg

Name:Gaurav

Age:29yrs

Height:172 cms

Food Plan Week 7

Pre-workout 8 Almonds (Eat One At A Time With Skin, Chew Well)

Breakfast/
Post workout 2 Eggs + 1 bread/ 1 Tortilla

10:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)
[only on
workout days]

1:30 PM Salad/ Saute veggies
+ Chicken/ Paneer/ Fish
[or] 3-4 Slices Pizza

5:00 PM Peanuts + Salad
[or] 2 Fruits + 1 Slice Cheese

8:00 PM Salad/ Soup
2 Bread + veggies + Cheese
[or] 1 Katori Rice + Chicken/ Chole

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 