

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: 68 kg

Name: Darshan

Age: 27 yrs

Height: 164 cms

### Food Plan Week 4

7:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:00 AM 1.5 Katori Poha/ 2 Idlis

11:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:00 PM Salad  
2 Phulka  
Sabji  
Lot of Dal/ Curd

5:00 PM Roasted Chana/ Peanuts

7:00 PM Buttermilk/ Coconut water

9:30 PM Salad/ Soup  
2 Phulka + Sabji + Dal/ Chole  
[or] 3-4 Slices Pizza  
[or] 2 Bread + Veggies + 1 Cube cheese [sandwich]

Program Expiry  
21-02-23

### 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 