

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

2/9/2023

Weight: 98.2 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

### Food Plan Week 25

10:00 AM 1.5 Katori Poha/1 Uttapam

12:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:00 PM 1 Phulka  
Sabji  
Dal/ Veg Raita

5:00 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:30 PM Pop-corn [or] 2 Fruits

9:15 PM 1 Protein Bar [or] 1 Egg [post workout]  
2 Phulka + Chicken  
[or] 1 Katori Rice + Chole  
[or] Grilled Paneer + Saute Veggies

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 