

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

1/31/2023

Weight: 59 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 18

8:15 AM 1 Slice/ Cube Cheese

9:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

2:30 PM 2-3 Phulka
Sabji [Paneer/chole/ moth]
Salad

5:30 PM 1 Bread + 1 Egg [or] 1 Katori peanuts

8:30 PM Soup/ Salad
1.5 Katori Rice + Chicken
[or] 1-2 Millet roti + kadi + Palak Sabji
[or] 2-3 Moongdal Chilla + Lauki

10:30 PM Roasted Makhana

Program Expiry
21-11-22

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 