

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: 59 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 19

8:15 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1.5 katoris Upma/ 2 Idlis/ 1 Dosa

11:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

2:30 PM 2-3 Phulka
Sabji
Salad + Curd

5:30 PM 1 Katori Peanuts/ Chana + Veggies + Murmura

8:30 PM Soup/ Salad
2 Phulka + Paneer Sabji
[or] 3-4 Idlis + Sambar Chutney
[or] Grilled Chicken + 2 katori Khichadi

10:30 PM 1 Fruit

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 							